

## **RULES OF GAMES AND SPORTS**

To  
the memory of  
**HARRY CROWE BUCK**

Founder-Principal  
Y M C A. College of Physical Education

Madras  
1922-1943

To his initiative is due the spread of scientific physical  
education in India, Pakistan, Burma and Ceylon

# CONTENTS

			<i>Pages</i>
ATYA PATYA	.	...	1
BADMINTON	.	.	13
BASKETBALL	.		33
BOXING	.		69
CRICKET	.		80
FOOTBALL			104
GYMNASTICS			141
HOCKEY	.		153
KABADDI			173
KHO-KHO	.	.	185
LAWN TENNIS	..	..	194
NETBALL	.	...	207
SOFTBALL	.	..	221
SWIMMING AND DIVING			
SWIMMING	...	.	249
DIVING	...	..	264
TABLE TENNIS	...	..	273
TENIKOIT	..	...	280
THROWBALL	..	...	286
TRACK AND FIELD SPORTS	..	...	290
VOLLEYBALL	..	...	369
WATER POLO	...	...	394
WEIGHT-LIFTING	...	...	428
WRESTLING	...	...	436

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## P R E F A C E

This is the Nineteenth edition of the *Book of Rules of Games and Sports*. The book has been accepted as the most comprehensive publication of its kind, containing as it does the complete rules of all the major games and sports. There has been a steady demand for the book ever since it was first published, and we have tried to keep its price as low as possible.

The present edition has been completely revised and made up-to-date. The latest amendments and other technical details adopted by the International Sports Federations have been incorporated in the book.

We have received valuable assistance from many people in the revision and publication of the book. We wish to acknowledge our indebtedness to the International Federations of various games and sports who have given us permission to reproduce their rules.

We also wish to thank the Graphic Arts, New Delhi, who so kindly undertook the printing of the book.

It is hoped that this book will continue to serve all those who are engaged in the promotion of games and sports in India.

MASSEY HALL  
JAI SINGH ROAD  
NEW DELHI 1

P S CHAKRAVARTI  
Secretary  
Y M C A Publishing House

# ATYA PATYA

## DARIA BANDHA OR THE GAME OF FEINTS

*Rules as Adopted by the Akhil Maharashtra  
Shareerika Shikshana Mandal*

### THE PLAY FIELD

Dimensions in the following Diagrams

1 Each of the nine breadthwise strips known as Trenches (*Patis*) are 23 feet 1 inch long and 13 inches wide (e.g. AB, CD, etc.)

2 The central lengthwise strip known as the Central Trench (*Sur-Pati*) is 89 feet 1 inch long and 13 inches wide (EF)

3 The Central Trench (*Sur Pati*) divides each of the nine trenches into equal halves

4 (a) The distance between the front lines of two adjacent trenches is 11 feet (BD)

(b) Each of the squares of intersection has each side of 13 inches (small squares formed by the intersection of the central trench and the other trenches K L, etc.)

5 (a) There are in all nine trenches

(b) Two lines are drawn, each parallel to and at a distance of 11 feet one in front of the Front trench and other behind the Back trench. These are the end lines (GH & IJ). The side lines are produced to meet these end lines. The two lines which mark each trench shall be extended to a distance of three feet outside the side lines.

(c) There should be a clear space of about 10 feet all round the play field.

6 Those who have not completed their fifteenth year of age and are not more than 5 feet in height shall be called 'Junior players'

7. For Junior players the size of the play field shall be as follows —

(a) Each trench shall be 12 inches  $\times$  21 feet

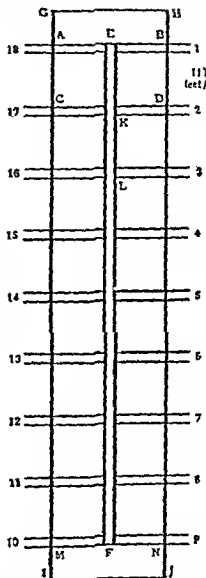
# PLAY FIELD ATYA PATYA

E F	89 ft	1 in
A M	"	"
B N	"	"
A B	23 ft	1 in
C D	"	"

The figures by the side of the trenches do not indicate their order. They are put in to facilitate accounting at the end of an innings.

## FOR JUNIORS

E F	= 81' x 1'
A B	= 21' x 1'
K	= 1' x 1'
B D	= 10'



Note —The lines in the diagram are cut for printing only. The lines on the field should be continuous.



(b) The distance between the front lines of adjacent trenches shall be 10 feet

(c) Central trench shall be 12 inches  $\times$  81 feet

## DEFINITIONS

1 **Side lines, End lines and Boundary** The long lines on the two sides of the play field are known as the side-lines (AM & BN) And the two lines, one in the front of the front trench and the other behind the back trench, are known as the end lines (GH & IJ) These four lines form the boundary of the play field

2 **Trench [Pati]** (a) Each of the breadthwise strips (rectangles) measuring 23 feet 1 inch in length and 13 inches in width is known as a 'Trench' (Pati)

(b) The two lines of each trench, which mark the trench and which cut the side lines and the two lines of the central trench which cut each of the trenches are known as 'The lines of the trench'

**Front Trench [Chambhar Pati or Kapal Pati]** The foremost trench is known as the 'Front Trench'

4 **Back Trench [Lona Pati]** The last trench is known as the 'Back Trench'

5 **Central Trench [Sur-Pati]** The lengthwise rectangular strip which intersects the breadthwise strips—trenches—is known as the 'Central Trench'

6 **'Going down', 'Going up'** Playing to cross the trenches from the 'Front trench' to the 'Back trench' is known as 'Going down' Playing to recross the trenches from the 'Back trench' to the 'Front trench' is known as 'Going up'

7 **Squares of Intersection** Each of the small squares formed by the intersection of the central trench and the other trenches is known as the 'Square of Intersection'

8 **Court of a Trench** The field between two adjacent trenches is known as the 'Court of a trench' The court in front of the defender who holds (defends) the trench is known as the 'Court' of that trench

9 **Square** Each part of the court of a trench divided by the central trench is known as a 'Square'

10 **Defenders** [*Patmale*] Those who stand on the trenches and hold them by moving along the trenches trying to prevent the players of the other side from crossing the trenches by touching them and thus putting them out are known as 'Defenders'

11. **Grenadier** [*Sur*] The defender who holds (defends) the front and the central trench is known as the 'Grenadier' (*Sur*)

12 **Assailants** Those who try to cross the trenches are known as 'Assailants'

13 **Foot fault** If any part of the body of a defender and a grenadier touches any part of the ground outside the lines of his trench either in front of him or behind him, he is said to have committed a 'Foot fault'

14 **Hand fault** If any part of the body except the feet of a defender and a grenadier touch any part of the ground he is said to have committed a 'Hand fault'

15 **Cutting the Squares** (a) A grenadier must at the beginning of an innings keep his foot or a part of the foot in the square of intersection of the front trench he must then on the start of the play touch the square of intersection of the first trench with the same foot or its part, and again touch the square of intersection of the front trench with the same foot or its part. The whole of this action is known as 'Cutting the Squares'

(b) While thus cutting the squares, a grenadier may commit a foot fault and/or a hand fault

16 **Raised a Foot** If a defender lifts his foot above the ground and stands on the other foot, he is said to have 'Raised a foot'

**Note 1** As long as any part of a foot is touching the ground a foot is not raised

**Note 2** If the defender is walking or running along a trench, a foot is not raised

17 **Turning the Face** A defender is called to turn the shoulder line (the imaginary line supposed to be drawn to join the shoulders) up to a right angle to the lines of a trench. If he turns the shoulder line beyond it, he is said to have 'Turned the Face'

18 **Foot Out** If the whole foot of an assailant touches

the ground outside the boundary of the field he is said to have placed his 'Foot out'

Note 1 Even if a point of the great toe is touching the ground inside the boundary, the foot is not out

Note 2 Even if the whole body is in the air not touching the ground outside the boundary, the foot is not out

19 Putting Out If a defender or a grenadier touches an assailant by hand without committing the breach of any rules, the assailant is said to be 'Put out'

20 'To Call for' and 'Give Tond' While going up to recross the trenches, when an assailant, standing behind a defender utters loudly and clearly, addressing the defender the word 'Tond', he is said to have 'Called for Tond' Immediately on hearing the call, the defender must turn about and face the back trench This action is known as 'Giving the Tond'

21. Obtaining, Taking and Bringing 'Tond' When an assailant who is going up—up player—and an assailant who is going down—down player—meet in one square, it is said that 'Tond' is 'obtained' The up player is said to have taken it to the down player The up player is said to have brought 'Tond'

Note An Assailant who has obtained 'Tond' is known as an 'up player' and an assailant who has not obtained it is known as a down player'

22 Lona [Game] When the foremost up player from amongst the assailant while recrossing the trenches crosses the front trench, it is said that 'Lona' (Game) is scored against the defendants

23 Fouling (a) If an up player crosses a trench in going up, without a down player obtaining Tond, the down player has fouled

(b) If a down player, while going down, crosses a trench which has already been recrossed by an up player or if he goes up and crosses a trench without obtaining Tond he has fouled'

24 Ring When a defender and a grenadier enclose two or more assailant in a square it is taken as a 'Ring'.

Note If either the grenadier or defender stands with one foot on one side and the other foot on the other side of a square of intersection, a ring is not formed

25 Previous Trench, Remnant, and Half. (a) The trench in front of the defender of a Ring is known as the 'Previous Trench'.

(b) That part of the previous trench which is on the side of the Ring is known as the 'Remnant' and the other part as the 'Half'

### RULES OF THE PLAY

1 The play field shall be marked as shown in diagram on page 2.

2. At the commencement of the play, the assailants shall stand in the area between the front trench and the end line in front of it. The defendants shall stand on the trenches—one on each trench—facing the front trench. The grenadier shall stand on the central trench ready to cut the squares. The defenders cannot change their trenches during an innings. (Each of the trenches excluding the front trench is consecutively termed as the 1st trench, 2nd trench, 3rd trench etc and one defender stands on each)

3 After the signal for commencement of the innings is given, the grenadier shall cut the squares. He cannot put any assailant out unless he has cut the squares.

4. (a) While cutting the squares, a grenadier must be on his central trench, but he may commit hand-faults and/or foot-faults

(b) If a grenadier does not cut the squares correctly, the umpire shall call him to cut the squares again, but the umpire cannot do so when the grenadier has once crossed three trenches including the front trench

5. Other defenders can put an assailant out from the commencement of the innings

6 A defender can put an assailant out on either side of his trench, while he is playing to cross that trench. A grenadier can put an assailant out on either side of the front trench, be he either an up player or a down player

7. When an assailant has completely crossed a trench, no part of his foot shall touch the court of the trench which he has crossed.

8. (a) A defender, while he is putting an assailant out or immediately after it, shall not (i) raise his foot, (ii) commit a

hand fault, (iii) commit a foot fault or (iv) turn his face. If he has committed a breach of any of these conditions, the assailant shall not be declared out but if the breach is committed as a result of a push from the assailant given before or after his crossing the trench, the assailant shall be declared out.

(b) A grenadier, in putting an assailant out, can raise his foot, commit a hand fault within the lines of his trench, go up and down and turn his face.

9 An assailant shall be out if, (i) he has fouled, (ii) he goes out of the boundary, (iii) he is put out by a defender or grenadier without committing any breach as mentioned in rule No. 8, (iv) he breaks the rules 7, 10 and 20.

10 An assailant shall not allow both of his feet to go out of the boundary simultaneously. It shall be permissible if one foot goes out. If both feet of the assailant have gone out of the boundary, while the rest of the body is inside the boundary, he shall be considered to have placed his feet out. [The rules of the ring in this regard are different. Please refer to them.]

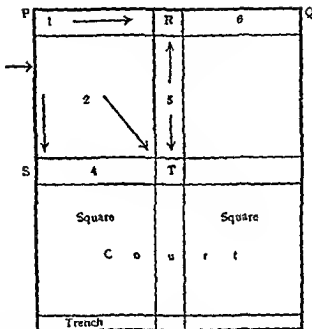
11 While holding [defending] his trench, a defender may go beyond the sidelines, but he shall go through the lines of his trench if produced, in doing so shall not commit the breach of the conditions mentioned in rule 8.

12 The foremost assailant shall call for 'Tond' on crossing the back trench, from the defender of that trench. The defender shall then turn about and give 'Tond'. All the assailant who may be in upper court of that trench shall then come down in the lower court of that trench. After all these assailants have crossed down and are out of the way of the defender, they shall again try to recross that trench. While the assailants are thus going down the trench, the defender shall not put them out. This procedure shall be repeated at every trench while going up to recross the trenches.

Note: The court on the front trench side of any trench is known as the upper court and the court on the back trench side of any trench is known as the lower court of that trench.

13 (a) A defender shall immediately turn about and give 'Tond' when an assailant calls for it, when once he has

# RULES OF THE RING DIAGRAM



Assailant  
PQ-Previous  
Trench  
PR-Remnant  
RQ-Half  
PSTR-Ring

1. Assailant on the remnant trying to cross the central trench.
2. Central assailant.
3. Assailant trying to cross the trench.
4. Defender of the trench of the Ring.
5. Grenadier.
6. Defender of the previous trench.

20. The assailants in the ring and in the previous trench shall have both their feet entirely within the boundaries of the ring and sidelines. They shall not place any foot out, in crossing the central trench, the trench of the ring and the previous trench.

21. If there is no assailant in the court of the previous trench, the defender of that trench shall remain in the half of that trench.

22. As long as there is an assailant in the ring on the remnant of the previous trench trying to cross the central trench,

at least one of the assailants in the court of the previous trench shall remain in the square opposite the half of the previous trench, he shall not go in the ring

23 If an assailant in the court of the previous trench as described in rule 22, intends to try to cross the trench without observing the rules of the ring he shall inform the defender of the trench and the umpire of the trench accordingly. He shall then be allowed to do so and the rules of the ring shall not be applied to the previous trench for the time being

24 If there is only one assailant in the court of the previous trench he shall remain in the square opposite the half of the previous trench until the assailant in the ring trying to cross the central trench is out of the way of the previous trench. He shall not go in the ring

25 If any assailant goes in the ring in contravention of the rules 22 and 24 he shall be brought back to the court of the previous trench by the umpire

### RULES ABOUT MATCHES

26 (a) Each side shall consist of nine players

(b) The captain of the side winning the toss shall intimate to the referee as to whether they will be defenders of assailants

27 Each innings shall be of 7 minutes' duration but if the captain of the side of the assailants wishes to declare the innings over before that time he shall intimate accordingly to the referee, who shall then signal to stop the play. Until the referee has so stopped the play the innings shall not be taken as over

28 At the end of each innings there shall be an interval not exceeding 5 minutes

29 The side of the assailants shall score ten points for each trench crossed by them the number of trenches including the front trench being calculated on the basis of the trenches crossed by the foremost assailant

NOTE If a lon is scored the side scores 180 points as each trench is crossed twice over

30 Three innings shall be played by each side alternately, laying as assailants and defenders. The side which scores more

points in the three innings shall be the winners. If the scores are equal, an additional innings shall be played by each side as assailants. If the tie still remains, the whole match shall be replayed.

31. If a match is not completed for any reason, it shall be continued further on another occasion and the scores of completed innings of each side shall be counted, for that side.

32. If the score of a side exceeds that of the other by 180 points or more, that side shall have the option of requiring the other side to follow their innings as assailants without losing their right to have their own innings as assailants afterwards, in case the other side exceeds their score

### OFFICIALS FOR THE MANAGEMENT OF A MATCH

33. The following officials shall be appointed for the management of a match

1 Referee, 9 Umpires, 1 Scorer, and 1 Marker

34. Umpires. There shall be 9 umpires—one for each trench and one for the central and front trenches, thus making nine in all; each umpire shall give all decisions promptly and distinctly about his trench and its area

35. No appeal shall be necessary for any decision of any umpire. The umpires shall direct the assailants who are out in the jurisdiction to go and report themselves to the scorer from outside the field.

36. An umpire shall immediately report to the referee if any player wilfully obstructs the conduct of the play or intentionally breaks the rules or behaves in any ungentlemanly or mischievous manner.

37. The Referee. (a) The referee shall decide, in the presence of both the captains, as to how and when the play and the innings shall be commenced and finished. He shall start and finish the innings with proper signals. (b) He shall keep time and shall announce the score of the assailants at the end of each innings. (c) He shall at the end announce the score of both the sides and the result of the match. (d) He shall have the power and discretion to penalise any improper conduct mentioned in the rules and the penalty at his discretion shall range



according to the default from forbidding the defaulting player from participation in one innings up to forbidding the entire side of the defaulting player from participation in further play (e) He shall decide any questions relating to the interpretation of the rules if they arise (f) He shall assist the umpires in the discharge of their duties. In case of difference between the umpires over a decision he shall give his final decision (g) He shall be responsible for the general supervision of the conduct of the play and the match

38 Scorer. He shall keep a record of assailants who are out. He shall consult the referee and announce the score at the end of each innings. He shall properly fill in the score sheet and get it signed by the referee

39 The Marker. He shall station himself outside a sideline (with a suitable sign like a flag in his hand which can be easily seen by the players) and shall move along with the foremost leading assailant to mark the trenches crossed by him. He shall inform the referee and the scorer the number of trenches crossed by the assailants at the end of an innings

40 The referee may appoint additional officials if he thinks them necessary for the proper conduct of the match. All the officials shall be appointed by the institution under whose auspices the match is organised. They shall work under the guidance of the referee

# THE LAWS OF BADMINTON

AS REVISED IN THE YEAR 1939

*and adopted by*

THE INTERNATIONAL BADMINTON FEDERATION

(Incorporating all amendments subsequently adopted)

1 Court (a) The court shall be laid out as in the following Diagram "A" (except in the case provided for in paragraph (b) of this Law) and to the measurements there shown, and shall be defined by white, black or other easily distinguishable lines,  $1\frac{1}{2}$  inches (0.038 metres) wide

In marking the court, the width ( $1\frac{1}{2}$  inches) (0.038 metres) of the centre lines shall be equally divided between the right and left service court, the width ( $1\frac{1}{2}$  inch each) (0.038 metres each) of the short service line and the long service line shall fall within the 13 feet (3.96 metres) measurement given as the length of the service court, and the fall width ( $1\frac{1}{2}$  inches each) (0.038 metres each) of all other boundary lines shall fall within the measurements given

(b) Where space does not permit of the marking out of a court for doubles, a court may be marked out for singles only as shown in Diagram "B". The back boundary lines become also the long service lines and the posts, or the strips of materials representing them as referred to in Law 2, shall be placed on the side lines

2 Posts The posts shall be 5 feet 1 inch (1.55 metres) in height from the floor. They shall be sufficiently firm to keep the net strained as provided in Law 3, and shall be placed on the side boundary lines of the court. Where this is not practicable, some method must be employed for indicating the position of the side boundary line where it passes under the net, e.g., by the use of a thin post or strip of material, not less than  $1\frac{1}{2}$  inches (0.038 metres) in width fixed to the side boundary line and rising vertically to the net cord. Where this is in use on a court marked for doubles it shall be placed on the side boundary

line of the doubles court irrespective of whether singles or doubles are being played.

3. Net. The net shall be made of fine tanned cord of from  $\frac{1}{4}$  inch to  $\frac{1}{2}$  inch, (0.016 to 0.019 metres) mesh. It shall be firmly stretched from post to post, and shall be 2 feet 6 inches (0.76 metres) in depth. The top of the net shall be 5 feet (1.524 metres) in height from the floor at the centre, and 5 feet 1 inch (1.55 metres) at the posts, and shall be edged with a 3 inch (0.076 metres) white tape doubled and supported by a cord or cable run through the tape and strained over and flush with the top of the posts.

4. Shuttle. A shuttle shall weigh from 73 to 85 grains (4.73 to 5.50 grammes) and shall have from 14 to 16 feathers fixed in a cork, 1 inch to  $1\frac{1}{4}$  inches (0.025 to 0.28 metres) in diameter. The feathers shall be from  $2\frac{1}{4}$  to  $2\frac{1}{2}$  inches (0.064 to 0.70 metres) in length from the tip to the top of the cork base. They shall have from  $2\frac{1}{4}$  to  $2\frac{1}{2}$  inches (0.054 to 0.064 metres) spread at the top and shall be firmly fastened with thread or other suitable material.

Subject to there being no substantial variation in the general design, pace, weight and flight of the shuttle, modifications in the above specifications may be made, subject to the approval of the National Organisation concerned—

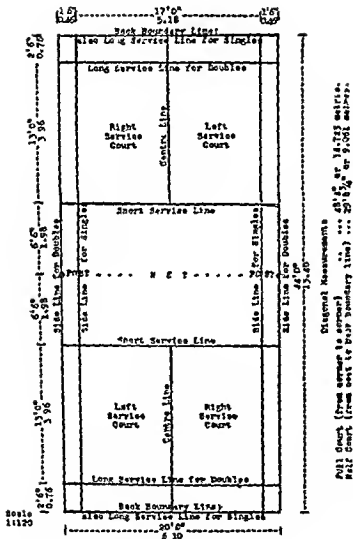
- (a) in places where atmospheric conditions, due either to altitude or climate, make the standard shuttle unsuitable; or
- (b) if special circumstances exist which make it otherwise expedient in the interests of the game.

A shuttle shall be deemed to be of correct pace if, when a player of average strength strikes it with a full underhand stroke from a spot immediately above one back boundary line in a line parallel to the side lines, and at an upward angle, it falls not less than 1 foot (0.30 metres), and not more than 2 feet 6 inches (0.76 metres) short of the other back boundary line.

5. Players. (a) The word "Player" applies to all those taking part in a game.

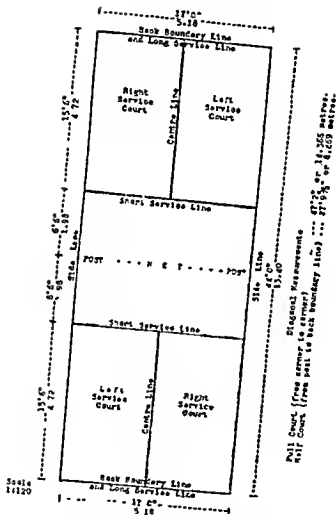
(b) The game shall be played, in the case of the doubles game, by two players a side, and in the singles game, by one player a side.

DIAGRAM (A)



Measurements are quoted in Feet ('), and inches ("). and in Metres

DIAGRAM (B)



Measurements are quoted in Feet (') and Inches ("). and in Metres.

(c) The side for the time being having the right to serve shall be called the "In" side, and the opposing side shall be called the "Out" side.

6. The Toss. Before commencing play the opposing sides shall toss, and the side winning the toss shall have the option of :

- (a) Serving first; or
- (b) Not serving first; or
- (c) Choosing ends.

The side losing the toss shall then have choice of any alternative remaining.

7. Scoring. (a) The doubles and men's singles game consists of 15 or 21 points, as may be arranged. Provided that in a game of 15 points, when the score is 13 all, the side which first reached 13 has the option of "setting" the game to 5, and that when the score is 14 all, the side which first reached 14 has the option of "setting" the game to 3. After a game has been "set" the scores is called "love all", and the side which first scores 5 or 3 points, according as the game has been "set" at 13 all or 14 all, wins the game. In either case the claim to "set" the game must be made before the next service is delivered after the score has reached 13 all or 14 all. Provided also that in a game of 21 points the same method of scoring be adopted, substituting 19 and 20 for 13 and 14.

(b) The ladies singles game consists of 11 points. Provided that when the score is "9 all" the player who first reached 9 has the option of "setting" the game to 3, and when the score is "10 all" the player who first reached 10 has the option of "setting" the game to 2.

(c) A side rejecting the option of "setting" at the first opportunity shall not thereby be debarred from "setting" if a second opportunity arises.

(d) In handicap games "setting" is not permitted.

8. The opposing sides shall contest the best of three games, unless otherwise agreed. The players shall change ends at the commencement of the second game and also of the third game (if any). In the third game the players shall change ends when the leading score reaches :

- (a) 8 in a game of 15 points ;

**14 Faults** A fault made by a player of the side which is "in", puts the server out, if made by a player whose side is "out", it counts a point to the "in" side

It is a fault

(a) If in serving, the shuttle at the instant of being struck be higher than server's waist, or if any part of the head of the racket, at the instant of striking the shuttle, be higher than any part of the server's hand holding the racket

(b) If, in serving, the shuttle falls into the wrong service court (*i.e.*, into the one not diagonally opposite to the server), or falls short of the short service line or beyond the long service line, or outside the side boundary lines of the service court into which service is in order.

(c) If the server's feet are not in the service court from which service is at the time being in order, or if the feet of the player receiving the service are not in the service court diagonally opposite until the service is delivered (Vide Law 16)

(d) If before or during the delivery of the service any player makes preliminary feints or otherwise intentionally baulks his opponent.

(e) If, either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net, or fails to pass the net, or touches the roof or side walls, or the person or dress of a player (A shuttle falling on a line shall be deemed to have fallen in the court or service court of which such line is a boundary)

(f) If the shuttle "in play" be struck before it crosses to the striker's side of the net (The striker may, however, follow the shuttle over the net with his racket in the course of his stroke)

(g) If, when the shuttle is "in play", a player touches the net or its supports with racket, person or dress

(h) If the shuttle be held on the racket (*i.e.*, caught or slung) during the execution of a stroke, or if the shuttle be hit twice in succession by the same player with two strokes, or if the shuttle be hit by a player and his partner successively.

(i) If, in play, a player strikes the shuttle (unless he thereby makes a good return) or is struck by it, whether he is standing within or outside the boundaries of the court.

(j) If a player obstructs an opponent

(k) If Law 16 be transgressed

15 General The server may not serve till his opponent is ready, but the opponent shall be deemed to be ready if a return of the service be attempted

16 The server and the player served to must stand within the limits of their respective service courts (as bounded by the short and long service, the centre, and side lines), and some part of both feet of these players must remain in contact with the ground in a stationary position until the service is delivered. A foot on or touching a line in the case of either the server or the receiver shall be held to be outside his service court [vide Law 14(c)]. The respective partners may take up any position, provided they do not unsight or otherwise obstruct an opponent

17 (a) If, in the course of service or rally, the shuttle touches and passes over the net, the stroke is not invalidated thereby. It is a good return if the shuttle having passed out side either post drops on or within the boundary lines of the opposite court. A "Let" may be given by the umpire for any unforeseen or accidental hindrance

(b) If, in service, or during a rally, a shuttle, *after passing over the net*, is caught in or on the net, it is a "Let"

(c) If the receiver is faulted for moving before the service is delivered, or for not being within the correct service court, in accordance with Laws 14(c) or 16, and at the same time the server is also faulted for a service infringement, it shall be a let

(d) When a "Let" occurs, the play since the last service shall not count, and the player who served shall serve again, except when Law 12 is applicable

18 If the server, in attempting to serve, misses the shuttle, it is not a fault, but if the shuttle be touched by the racket, a service is thereby delivered

19 If when in play, the shuttle strikes the net and remains suspended there, or strikes the net and falls towards the ground on the striker's side of the net, or hits the ground outside the court and an opponent then touches the net or shuttle with his racket or person, there is no penalty, as the shuttle is not in play



20 If a player has a chance of striking the shuttle in a downward direction when quite near the net, his opponent must not put up his racket near the net on the chance of the shuttle rebounding from it. This is obstruction within the meaning of Law 14(j).

A player may, however, hold up his racket to protect his face from being hit if he does not thereby baulk his opponent.

21. It shall be the duty of the umpire to call "fault" or "let" should either occur, without appeal being made by the players, and to give his decision on any appeal regarding a point in dispute, if made before the next service, and also to appoint linesmen and service judges at his discretion. The umpire's decision shall be final, but he shall uphold the decision of a linesman or service judge. This shall not preclude the umpire also from faulting the server or receiver. Where, however, a referee is appointed, an appeal shall lie to him from the decision of an umpire on questions of law only.

22 **Continuous Play** Play shall be continuous from the first service until the match be concluded, except that (a) in the International Badminton Championship and in the Ladies' International Badminton Championship there shall be allowed an interval not exceeding five minutes between the second and third games of a match, (b) in countries where climatic conditions render it desirable, there shall be allowed, subject to the previously published approval of the national organisation concerned, an interval not exceeding five minutes between the second and third games of a match, either singles or doubles or both, and (c) when necessitated by circumstances not within the control of the players the umpire may suspend play for such a period as he may consider necessary. If play be suspended the existing score shall stand and play be resumed from that point. Under no circumstances shall play be suspended to enable a player to recover his strength or wind, or to receive instruction or advice. Except in the case of an interval provided for above, no player shall be allowed to receive advice during a match or to leave the court until the match be concluded without the umpire's consent. The umpire shall be the sole judge of any suspension of play and he shall have the right to disqualify an offender.

*NOTE—INTERVALS IN PLAY*

*Decisions to allow or disallow intervals in play between the second and third games of a match have been notified to the International Badminton Federation by national organisations as follows :*

*In Africa :*

<i>South Africa .....</i>	<i>..5 minutes in singles only</i>
<i>Uganda.....</i>	<i>5 minutes in all matches</i>

*(No information has been received, at the time of going to press, from other national organisations).*

*In America :*

<i>Canada.....</i>	<i>5 minutes in singles only</i>
<i>Jamaica.....</i>	<i>5 minutes in singles only</i>
<i>Mexico.....</i>	<i>5 minutes in all matches</i>
<i>United States.....</i>	<i>5 minutes in singles only</i>

*(No information has been received, at the time of going to press, from other national organisations).*

*In Asia :*

<i>Burma.....</i>	<i>5 minutes in all matches</i>
<i>Ceylon.....</i>	<i>5 minutes in all matches</i>
<i>India.....</i>	<i>5 minutes in all matches</i>
<i>Hong Kong.....</i>	<i>5 minutes in all matches</i>
<i>Indonesia.....</i>	<i>5 minutes in all matches</i>
<i>Japan.....</i>	<i>5 minutes in all matches</i>
<i>Malaya.....</i>	<i>5 minutes in all matches</i>
<i>North Borneo .....</i>	<i>5 minutes in all matches</i>
<i>Pakistan.....</i>	<i>5 minutes in all matches</i>
<i>Thailand.....</i>	<i>5 minutes in all matches</i>

*(No information has been received, at the time of going to press, from other national organisations).*

*In Australasia :*

<i>Australia.....</i>	<i>5 minutes in singles only,</i> <i>except in New South</i> <i>Wales and Queensland,</i> <i>where 5 minutes will be</i> <i>allowed in all matches.</i>
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<i>New Zealand</i>	<i>5 minutes in singles only</i>
<i>In Europe</i>	
<i>Austria</i>	<i>5 minutes in singles only</i>
<i>Belgium</i>	<i>No interval</i>
<i>Denmark</i>	<i>3 minutes in all matches</i>
<i>England</i>	<i>No interval</i>
<i>France</i>	<i>5 minutes in singles only</i>
<i>Germany (West)</i>	<i>5 minutes in all matches</i>
<i>Ireland</i>	<i>No interval</i>
<i>Malta</i>	<i>5 minutes in singles only</i>
<i>Netherlands</i>	<i>No interval</i>
<i>Norway</i>	<i>No interval</i>
<i>Portugal</i>	<i>5 minutes in all matches</i>
<i>Scotland</i>	<i>No interval</i>
<i>Sweden</i>	<i>No interval</i>
<i>Switzerland</i>	<i>3 minutes in all matches</i>
<i>Wales</i>	<i>No interval</i>

*(No information has been received at the time of going to press from other national organisations)*

## INTERPRETATIONS

1 Any movement or conduct by the server that has the effect of breaking the continuity of service after the server and receiver have taken their position to serve and to receive the service is a preliminary fault

[Vide Law 14 (d)]

2 It is obstruction if a player invade an opponent's court with racket or person in any degree except as permitted in Law 14(f)

[Vide Law 14 (j)]

3 Where necessary on account of the structure of a building the local Badminton Authority may, subject to the right of veto of its National Organisation, make bye-laws dealing with cases in which a shuttle touches an

## INTERNATIONAL SPECIFICATION FOR THE HEIGHT OF A COURT

*This regulation shall apply to all official international matches, to Thomas Cup and Uber Cup ties, and to all tournaments of the status of a national open championship, or greater as may be sanctioned by the I B F*

The height of a court for international competitive play shall be a minimum of 26 feet or 8 metres from the floor over the full court. This height shall be entirely free of girders and other obstructions over the area of the court.

There shall also be at least 4 feet or 1.25 metres clear space surrounding all the outer lines of the court, the space being also a minimum requirement between any two courts marked out side by side.

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# RECOMMENDATIONS TO UMPIRES

ADOPTED 1960

(incorporating all amendments subsequently adopted)

1 Thoroughly know The Laws of Badminton

2 The umpire's decision is final on all points of fact a player may however appeal to the referee on a point of law only

3 The linesman's decision is final on all points of fact on his own line the umpire cannot overrule him If a linesman is unsighted the umpire may then give a decision if he can otherwise a let should be played

4 Where a service judge is appointed his decision is final on all points of fact in connection with the delivery of the service as set out in Service Judge 27 It shall be the duty of the umpire specially to watch the receiver—see 22(c)

5 All announcements and calling of the score must be done distinctly and loudly enough to be heard clearly by players and spectators

Call promptly and with authority but, if a mistake is made admit it, apologise and correct it

6 If a decision cannot be given say so and give a let NEVER ask spectators nor be influenced by their remarks

7 The umpire is responsible for all lines not covered by linesmen

8 The umpire should control the match firmly but without being officious He should keep play flowing without unnecessary interruptions while ensuring that the Laws are observed The game is for the players.

9 When a doubt arises in the mind of the umpire or service judge as to whether an infringement of the Laws has occurred or not 'Fault' should not be called and the game allowed to proceed

## BEFORE PLAY BEGINS

10 Obtain the score pad from the referee Enter up the score pad

11 Check the net for height See that the posts are on the lines, or that tapes are correctly placed—*Laws 2 and 3*

12 Ensure that the linesmen and service judge are correctly placed and know their job—see “*Linesmen*” and “*Service Judge*”.

13 Ensure that a sufficient quantity of tested shuttles according to *Law 4* is readily available for the match, in order to avoid delays during play If the players cannot agree, the umpire should have the shuttles tested, or in a tournament refer to the referee, or in a match the captains or referee Once shuttles have been found to be acceptable, ensure that they are used unless circumstances alter

### STARTING THE MATCH

14 Ensure that tossing is correctly carried out and that the winners and losers exercise correctly their options under *Law 6*

15 In the case of doubles, mark, on the score pad the names of the players starting in the right hand service courts This enables a check to be made at any time to see if the players are in their correct service courts If during the game the players get in their wrong service courts unnoticed so that they have to stay wrong—*Law 12*—amend the score pad accordingly

16 When the players have finished warming-up announce

(a) In a tournament

1 “Final or semi final of     ” If neither, say nothing

(b) In a tournament or match

1 Names of players with country, country or club where applicable

2 Name of the first server, and, in the case of doubles, of the receiver

3 To start a match, call “Love all, play ”

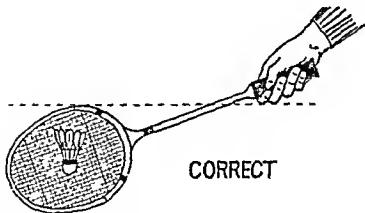
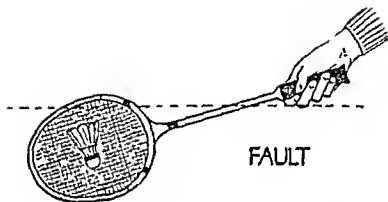
### THE MATCH

17 Mark the score pad as the match proceeds

18 Call the score \*

(a) Always call the server's score first

(b) Singles—when a player loses his service, call over \* followed by the score in favour of the new server

*LAW 14—DELIVERY OF SERVICE**Positions of Hand and Racket at the instant of striking the shuttle*

25 Immediately take the completed and signed score pad to the referee in a tournament, or to the captains in a match

### SERVICE JUDGE

26 If only one is appointed, he should sit on a low chair by the net post preferably opposite the umpire, but on the same side as the umpire if circumstances so dictate. If two are appointed, each should sit on a low chair behind the back boundary line, or in accordance with the direction of the umpire.

27 The service judge, where only one is appointed, or the service judge on the server's side of court when two are appointed, is responsible for seeing that the server

(a) until the shuttle is struck, has some part of both feet in a stationary position on the floor INSIDE the service court—Law 16 and Recommendation 32—and does not feint—Law 14(d) and Interpretation 1

(b) at the moment of striking the shuttle does not have ANY part of the racket above ANY part of the hand holding the racket—Law 14(a) (see Diagram) and does not have any part of the shuttle above his waist—Law 14(a)

28 If the server does not comply with all of 27 the service judge responsible should immediately call 'Fault' loudly and ensure that the umpire hears him

Where two service judges are appointed the one on the receiver's side should be made responsible for calling "Fault" for infringement of Law 16 on the receiver. He should call "Fault" loudly and ensure that the umpire hears him

In addition this shall not preclude the umpire also from faulting the server or receiver

### LINESMEN

29 A linesman is entirely responsible for this line. If the shuttle falls out, no matter how far, call "Out" promptly in a clear voice loud enough to be heard by the players and the spectators, and at the same time signal by extending both arms horizontally so that the umpire can see clearly. If the shuttle falls in, say nothing. If unsighted inform the umpire immediately

30 Linesmen should be sited on chairs in prolongation of



their lines at the ends of the court and at the side opposite to the umpire

31 If three linesmen are available, two should take a back boundary line and (in doubles) long service line each the third the sideline furthest from the umpire

If further linesmen are available they should be used according to the umpire's preference

### INTERPRETATION

32 In response to a request for clarification Law 16, it has been ruled that the points raised do not constitute a breach of the Law

The questions asked were

(a) In view of the fact that part of this Law reads 'Some part of both feet of these players must remain in contact with the ground in a stationary position till the service is delivered' does this mean that the same part of a foot must remain in contact with the ground, or could it be a different part of the same foot?

(b) If the back foot of a server starts with the toe and heel in contact with the ground, and rises on the toe as the service is struck, with the heel rising straight is this in order?

(c) If, on the other hand, the heel comes off the ground swivels through an angle of 90 degrees as is frequently done which means that part of the toe remaining in contact with the ground swivels and moves, is this correct?

Accordingly players should NOT be faulted for these actions

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# BASKETBALL

## RULE ONE—THE GAME

1 Definition Basketball is played by two teams of five players each. The purpose of each team is to throw the ball into the opponent's basket and to prevent the other team from securing the ball or scoring. The ball may be passed, thrown, batted, rolled or dribbled in any direction, subject to the restrictions laid down in the following rules.

## RULE TWO—EQUIPMENT

2 Court—Dimensions The playing court shall be a rectangular hard surface free from obstructions and shall have dimensions of 26 m in length by 14 m in width measured from the inside edge of the boundary lines.

The following variations in the dimensions are permitted, plus or minus 2 m on the length and plus or minus 1 m on the width, the variations being proportional to each other. Grass covered courts are not permitted.

The height of the ceiling should be at least 7 m. The playing surface should be uniformly and adequately lighted. The light units should be placed where they will not hinder the vision of a player throwing for goal.

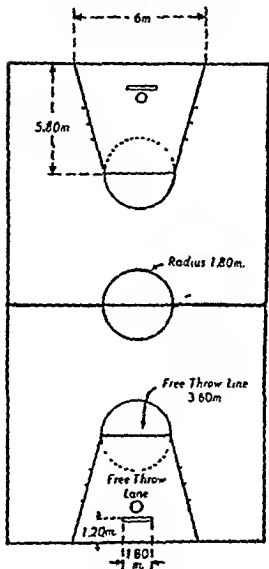
3 Boundary Lines The playing court shall be marked by well defined lines which shall be at every point at least 1 m from any obstruction. The lines of the long sides of the court shall be termed the *side lines*; those of the short sides the *end lines*. The distance between these lines and the spectators should be at least 2 m.

When the margin of out-of-bounds free from obstruction is less than 1 m, a fine line should be drawn in the court 1 m from the boundary line.

The lines mentioned in this article and in the following must be drawn so as to be perfectly visible and be 5 cm in width.

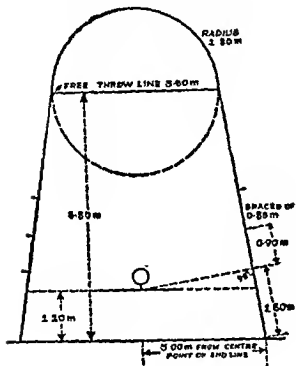
4 Centre Circle The centre circle shall have a radius of 1.80 m and it shall be marked in the centre of the court. The radius shall be measured to the outer edge of the circumference.

# FULL SIZE REGULATION COURT



All Lines  $0.05m$  Wide

## REGULATION RESTRICTED AREA

*All Lines 0,05m. Wide*

**5 Centre Line—Front Court, Back Court** A Centre Line shall be drawn, parallel to the end lines, from the mid points of the side lines

A team's Front Court is that part of the court between the end lines behind the opponent's basket and the nearer edge of the Centre Line. The other part of the court, including the Centre Line, is the team's Back Court

**6 Free Throw Lines** A free throw line shall be drawn parallel to each end line. It shall have its further edge 5.80 m from the inner edge of the end line, and it shall be 3.60 m long and its mid point shall be on the line joining the mid points of the two end lines

**7 Restricted Areas and Free Throw Lines** The restricted areas shall be spaces marked in the court which are limited by the end lines, the free throw lines and by the lines which originate at the end lines, their outer edges being 3 m from the mid points of the end lines, and terminate at the ends of the free throw lines

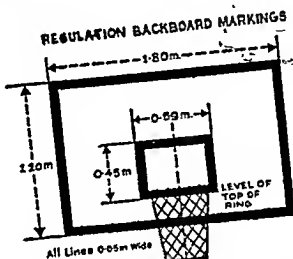
The free throw lines are the restricted areas extended in the playing court by semi-circle with a radius of 1.80 m, their centres at the mid points of the free throw lines. Similar semi circles shall be drawn with a broken line within the restricted areas

Spaces along the free throw lines, to be used by players during free throws, shall be marked as follows

The first space shall be situated 1.80 m from the inside edge of the end line, measured along the line at the side of the free throw line, and shall be 85 cm in width. The second space shall be adjacent to the first and shall be 85 cm in width. The lines used to mark these spaces shall be 10 cm long and be perpendicular to the side line of the free throw line, and shall be drawn outside the space they are delimiting

**8 Backboards—Size, Material and Position** Each of the two backboards shall be made of hard wood, 3 cm thick, or of a suitable transparent material (made in one piece and of the same degree of rigidity as those made of wood) and their dimensions shall be 1.80 m horizontally and 1.20 m vertically. The front surface shall be flat and unless it is transparent, it shall be white. The surface shall be marked as follows: a rectangle shall be drawn behind the ring and marked by a line 5 cm to

width. The rectangle shall have outside dimensions of 59 cm. horizontally and 45 cm. vertically. The top edge of its base line shall be level with the ring.



Borders of the backboards shall be marked with a line, 5 cm. width. These lines shall be of a colour contrasting with the background. Normally, if the backboard is transparent it shall be marked in white; in other cases in black. The edges of the backboards and the rectangles marked on them should be of the same colour.

The backboards shall be rigidly mounted in a position at each end of the court at right angles to the floor, parallel to the end lines, and with their lower edges 2.75 m. above the floor. Their centres shall lie in the perpendiculars erected at the points in the court 1.20 m. from the mid-points of end lines. The uprights supporting the backboards shall be at a distance of at least 40 cm. from the outer edge of the end lines in the out-of-bounds area and shall be of a *bright colour* in contrast with the background in such a manner that they will be clearly visible to the players.



The ring shall be rigidly attached to the backboard. It shall lie in a horizontal plane 3.05 m. above the floor and shall be equidistant from the two vertical edges of the back-board. The nearest point of the inside edge of the ring shall be 15 cm. from the face of the backboard.

**10. Ball—Material, Size and Weight.** The ball shall be spherical; it shall be made of rubber bladder covered with a case of leather, rubber or synthetic material, it shall be not less than 75 cm. nor more than 78 cm in circumference; it shall weigh not less than 600 g. nor more than 650 g; and it shall be inflated to an air pressure such that when it is dropped on to a solid wooden floor from a height of about 1.80 m, measured to the bottom of the ball, it will rebound to a height, measured to the top of the ball, of not less than about 1.20 m. nor more than about 1.40 m.

The home team shall provide a new ball or two good used balls satisfactory to the Referee. If used balls are provided, the Referee shall choose the one with which the game shall be played and the visiting team shall have it as their practice ball. If a new ball is provided neither team shall use it in practice. If the ball provided by the home team is unsatisfactory to the Referee, he is hereby given authority to order the game to be played with the visiting team's ball if the latter is in a better condition.

**11. Technical Equipment.** The following *technical equipment* shall be provided by the home team and shall be at the disposal of the Officials and their Assistants :

(a) The *Game Watch* and the time-out watch; the Time-keeper shall be provided with at least two stop-watches, one of which shall be the game watch. It shall be placed on the table so that both the Timekeeper and the Scorer can see it.

(b) A suitable device, visible to players and spectators shall be provided for the administration of the *30-second Rule*, and shall be operated by the 30-second Operator.

(c) The *official Score Sheet* shall be the one approved by the International Amateur Basketball Federation, and it shall be filled in by the Scorer before and during the game as provided for in these Rules.



(d) There shall be suitable equipment for all signals provided for by these Rules including a *Score Board* visible to players and spectators

(e) Markers numbered 1 to 5 shall be at the disposal of the Scorer. Every time a player commits a foul the Scorer shall raise in a manner visible to both coaches the marker with the number corresponding to the number of fouls committed by that player. The markers shall be white with black numbers from 1 to 4 and red for number 5

### RULE THREE—PLAYERS SUBSTITUTES AND COACHES

12 **Teams** Each team shall consist of five players one of whom shall be captain

Each team shall be allowed seven substitutes. Substitutes arriving late but already inscribed on the score sheet may take part in the game

Each player shall be numbered on the front and back of his shirt with plain numbers of solid colour contrasting with the colour of the shirt and made of material not less than 2 cm wide. The numbers on the back shall be at least 20 cm high and those in the front at least 10 cm high. Teams shall use numbers from 4 to 15

Players on the same team shall not wear duplicate numbers

13 **Player Leaving Court** A Player may not leave the playing court without permission of an Official until time is called at the end of the half except as authorised by the Rules

14 **Captain—Duties and Powers** The Captain shall be the representative of his team and shall control its play (see also art 87). The captain may address an Official on matters of interpretation or to obtain essential information when necessary if it is done in a courteous manner. No other player may address an official except as provided in article 46

Before leaving the playing court for any valid reason the captain shall inform the Referee regarding the player who will replace him during his absence

15 **Coaches** The Coach of a team should wear sport

clothes that will make him easily recognizable as a member of that team.

Before the game is scheduled to begin the Coach shall furnish the Scorer with names and numbers of players who are to play in the game, and with the name and the number of the captain of the team. If a player changes his number during the game he shall report the change to the Scorer and Referee. Substitutions shall be made by the coach.

The team captain may act as Coach. If he must leave the playing court for any valid reason, he may continue to act as Coach. However, if he must leave following a disqualifying foul, or if he is unable to act as Coach because of severe injury, his substitute as captain shall also replace him as Coach.

#### RULE FOUR—OFFICIAL AND THEIR DUTIES

16. *Official and their Assistants* The Officials shall be a Referee and an Umpire, who shall be assisted by a Timekeeper, a Scorer and a 30-second Operator.

It cannot be too strongly emphasized that the Referee and the Umpire of a given game should not be connected in any way with either of the organisations represented on the court, and that they should be thoroughly competent and impartial. The Officials have no authority to agree to changes in the Rules. Officials shall wear a uniform consisting of basketball or tennis shoes, long trousers, shirt or pull-over, grey in colour.

17. *Duties and Powers of Referee.* The Referee shall inspect and approve all equipment, including all the signals used by the Officials and their Assistants. He shall designate the official timepiece and recognize its operator. He shall not permit any player to wear objects which in his judgment, are dangerous to other players.

The Referee shall toss the ball at centre to start the game. He shall decide whether a goal shall count if the officials disagree. He shall have power to forfeit a game when conditions warrant. He shall decide matters upon which the Timekeeper and Scorer disagree. At the end of each half and of each extra period he shall carefully examine the Score Sheet and approve the score. His approval at the end of the game terminates the connection of the Officials with the game.

The Referee shall have power to make decisions on any point not specially covered in the Rules

**18. Duties of Officials—Referee and Umpire** The officials shall conduct the game in accordance with the Rules. This includes putting the ball in play, determining when the ball becomes dead and killing it with the whistle when necessary or blowing the whistle to stop action after the ball has become dead, administering penalties ordering time-out, beckoning substitutes to come on the court, handing (not tossing) ball to a player when such player is to make a throw in from out of bounds whenever this is provided for in these Rules (see art. 64 and 77) and silently counting seconds to administer provisions contained in articles 31, 55, 58, 64, 70 and 88.

Before the beginning of the game the Officials shall agree upon a division of the playing court to be covered by each of them. After each foul involving a free throw penalty, even if not executed and after each jump ball decision the Officials shall exchange their places.

The Officials shall blow a whistle whenever necessary to make known a decision. The officials shall not whistle after a goal from the field or resulting from a free throw, but shall clearly indicate that a goal has been scored by using a conventional sign clearly visible to the Scorer's table.

**19. Time and Place for Decisions** The Officials shall have power to make decisions for infraction of the rules committed either within or outside the boundary lines also at any moment from the beginning of play to the calling of time at the end of the game. This includes the periods when the game may be momentarily stopped for any reason.

Neither Official shall have authority to set aside or question decisions made by the other within the limits of his respective duties as outlined in these Rules.

If the Officials make approximately simultaneous decisions on the same play and the infractions involve different penalties, the more severe penalty shall be imposed. This does not prevent a double foul as defined in article 79.

**20. Calling of Fouls** When a foul is committed, the official shall indicate the offender, signalling his number to the Scorer with his fingers. If it is a personal foul involving a free throw penalty, the Official shall signal this clearly by indicating the

## BASKETBALL

free throw line, he shall also indicate the player who is to attempt the free throws. If no throw is involved, the Official shall hand the ball to the player who is to put it into play from the sideline.

The officials shall penalize unsportsmanlike conduct by any player, coach, substitute or team follower. If there is a flagrant case of such conduct, the Officials shall penalize by removing any offending player from the game and banishing any offending substitute, coach, attendant or follower.

**21 Duties of Scorer** The Scorer shall keep a chronological running summary of the points scored. He shall record the field goals made and the free throws made or missed. He shall record the personal and technical fouls called on each player and shall notify the Referee immediately when the fifth foul is called on any player. He shall record the time outs charged to each team, and shall notify a Coach through an Official when he has taken a second time-out in each half. He shall also indicate the number of fouls committed by each player by using the numbered markers as provided in article 11-e.

The Scorer shall keep a record of the names and numbers of players who are to start the game and of all substitutes who enter the game. When there is an infraction of the Rules pertaining to submission of line up, substitutions or numbers of players, he shall notify the nearest Official as soon as possible when the infraction is discovered.

The sounding of the Scorer's signal does not stop the game. He should be careful to sound his signal only when the ball is dead and the game watch is stopped, and before the ball is again in play.

It is essential that the scorer's signal be different from that of the Timekeeper and of the Officials.

**22 Duties of Timekeeper** The Timekeeper shall note when each half is to start and shall notify the Referee more than three minutes before this time so that he may notify the teams, or cause them to be notified, at least three minutes before the half is to start. He shall signal the Scorer two minutes before starting time. He shall keep record of play time and time of stoppage as provided in these Rules.

For a charged time out the Timekeeper shall start a time-out watch and shall direct the Scorer to signal the Referee when it is time to resume play

The Timekeeper shall indicate with a gong pistol or bell the expiration of playing time in each half, or extra period. This signal terminates actual playing time in each period. If the Timekeepers' signal fails to sound, or if it is not heard, the Timekeeper shall go on the court or use other means to notify the referee immediately. If, in the meantime, a goal has been made or a foul has occurred, the Referee shall consult the Timekeeper and the Scorer. If they agree that the time was up before the ball was in the air on its way to the basket or before the foul was committed the Referee shall rule that the goal does not count or in case of a foul, that it shall be disregarded unless it is unsportsmanlike, but if they disagree, the goal shall count or the foul be penalized unless the Referee has knowledge that would alter this ruling

**23 Duties of 30 Second Operator** The 30 second Operator shall operate the 30 second device or watch (see art 11-b) as provided in article 59 in these Rules

The signal of the 30 second Operator causes the ball to become a dead ball

## RULE FIVE—PLAYING REGULATIONS

**24 Playing Time** The game shall consist of two halves of 20 minutes each, with an interval of 10 minutes between halves

**NOTE** If local conditions warrant it the organisers may increase this interval to 15 minutes. This decision must be made known to all concerned before the beginning of the game. In tournaments lasting several days the decision must be taken and made known to all concerned at the latest at the end of the first playing day

**25 Beginning of Game** The game shall be started by the Referee who shall toss the ball up for a centre jump between two opponents in the centre circle, the same procedure shall be followed at the beginning of the second half and eventually, of each extra period

The visiting team shall have choice of baskets in the first half, on neutral courts, teams shall toss for baskets. For the second half the teams shall change baskets

The game cannot begin if one of the teams is not on the

court with five players ready to play. If 15 minutes after the starting time the defaulting team is not present, the other team wins the game by forfeit.

**26 Jump Ball** A jump ball takes place when the Official tosses the ball between two opposing players.

During a jump ball the two jumpers shall stand with their feet inside that half of the circle which is nearer to their own baskets, with one foot near the centre of the line that is between them. An Official shall then toss the ball upward (vertically) in a plane at right angles to the side lines between the jumpers to a height greater than either of them can reach by jumping and so that it will drop between them. The ball must be tapped by one or both of the jumpers *after* it reaches its highest point. If it touches the floor without being tapped by at least one of the jumpers, the Official shall put the ball in play again in the same place.

Neither jumper shall tap the ball before it reaches its highest point, nor leave their positions until the ball has been tapped. Either jumper may tap the ball twice only. After the second tap by a jumper he shall not touch the ball again until it has touched one of the eight non-jumpers, the floor, the basket or the backboard. Under this provision four taps are possible, two by each jumper. When a jump ball takes place the eight non-jumpers shall remain outside the circle (cylinder) until the ball has been tapped. Team mates may not occupy adjacent positions around the circle if an opponent desires one of the positions.

During a jump ball the Officials shall see that the other players are in such positions that they do not interfere with the jumpers.

**27 Violation during Jump ball** A player shall not violate provisions governing jump ball. If before the ball is tapped, a jumper leaves the jumping position or if a non-jumper enters the circle (cylinder) the Officials are authorised to give the violation arm signal but to withhold the whistle, to give opportunity for the opposing jumper to tap the ball into the basket, or to tap it in such a way that one of his team mates is first to touch the ball. If either of these occurs, the violation is disregarded. If both teams violate the jumping rule, or if the Official makes a bad toss, the toss shall be repeated.

**Penalty** See Article 62.

**28. Goal—When Made and Its Value** A goal is made from when the ball enters the basket from above and remains in or passes through

A goal from the field counts 2 points, a goal from a free throw counts 1 point. A goal from the field counts for the team attacking the basket into which the ball is thrown.

**29 Interfere with Ball in Offence** An offensive player in the restricted area may not touch or catch the ball when it is in its downward flight above the level of the ring, whether it is a try for goal or a pass. This restriction applies only until the ball touches the ring or the backboard

An offensive player shall not touch his opponent's basket or backboard while the ball is on the ring during a try for field goal

*Penalty* No point can be scored and the ball is awarded to opponents for a throw-in from out-of-bounds at a position on the side line nearest the point where the violation occurred (see article 62)

**30 Interfere with Ball in Defence** A defensive player shall not touch the ball after it has started its downward flight, during an opponent's throw for field goal and while the entire ball is above the level of the ring. This restriction applies only to a throw (not a bat) and only until the ball has touched the ring or backboard or until it is apparent it will not touch either

A defensive player shall not touch the ball, or his own basket or backboard while the ball is on or within such basket

*Penalty* The ball becomes dead when violation occurs. The thrower is awarded one point if during a free throw as in article 70 and two points if during a try for goal. Ball is awarded out-of-bounds from behind the end line as though the throw has been successful and there had been no violation

**31 Ball In Play after Goal** After a goal from the field, any opponent of the team credited with the score shall put the ball in play from any point out-of-bounds at the end of the court where the goal was made. He may throw it from any point behind the end line, or he may pass it to a team mate behind the end line. Not more than 5 seconds may be consum-

ed in getting the ball in play, the count starting the instant the ball is at the disposal of the first player out-of-bounds.

The Official should not handle the ball unless by so doing he can get the ball in play more quickly. Opponents of the player who is to put the ball in play shall not touch the ball. Allowance may be made for touching the ball accidentally or instinctively but if a player delays the game by interfering with the ball, it is a technical foul.

After the last free throw, the ball shall be thrown in from out-of-bounds :

(a) by any opponent of the free thrower from behind the end line if the throw is successful or

(b) by any player of the free thrower's team from out-of-bounds at midcourt if the free throw is for a technical foul by Coach or substitute, whether or not the throw is successful (see article 75—penalty).

**32. Decision of Game.** A game shall be decided by the scoring of the greater number of points in the playing time.

**33. Game to be Forfeited.** Captains shall be notified three minutes before the termination of the interval between halves. If either team is not on the floor ready to play within one minute after the Referee calls play, either at the beginning of the second half or after time has been taken out for any reason, the ball shall be put in play in the same manner as if both teams were on the floor ready to play, and the absent team shall forfeit the game.

A team shall forfeit the game if it refuses to play after being instructed to do so by the Referee.

When during a game the number of players of a team on the court shall be less than two, the game shall end, and that team shall lose the game by forfeit.

If the team to which the game is forfeited is ahead, the score at the time of forfeiture shall stand. If this team is not ahead, the score shall be recorded as 2 to 0 in its favour.

**34. The Score and Extra Periods.** If the score is a tie at the expiration of the second half, play shall be continued for an extra period of 5 minutes or as many such periods of 5 minutes as may be necessary to break the tie. Before the first extra period the teams shall toss for baskets and shall change at the beginning of each additional extra period. An interval of



2 minutes shall be allowed before each extra period. At the beginning of each extra period the ball shall be put in play at the centre.

**35 When Game Is Terminated** The game shall terminate at the sounding of the Timekeeper's signal indicating the end of the playing time.

When a foul is committed simultaneously with or just previous to the Timekeeper's signal ending a half or an extra period time shall be allowed for the free throw or throws if any are involved in the penalty.

### RULE SIX—TIMING REGULATIONS

**36 Game Watch Operations** The game watch shall be started when the ball after having reached its highest point on a toss at the beginning of a half or extra period is tapped by the first player.

The game watch shall be stopped at the expiration of time for each period of play.

**37 Ball Goes into Play** The Ball goes into play (is in play) when

(a) the Official takes his position to administer a jump ball or

(b) the Official takes his position to administer a free throw (see art. 69) or

(c) when in an out of bounds situation ball is at the disposal of the player who is to throw it in.

**38 Ball becomes Alive** The ball becomes alive when

(a) after having reached its highest point in a jump ball it is tapped by the first player or

(b) when the Official places it at the disposal of a free thrower (see art. 69) or

(c) when on a throw in from out of bounds it touches a player in the court.

**39 Dead Ball** The ball becomes dead when

(a) Any goal is made

(b) It is apparent that the ball will not go into the basket on a free throw for a technical foul by Coach or Substitute or a free throw which is to be followed by another throw,

(c) Held ball occurs or ball lodges on the basket support

- (d) Official's whistle is blown while the ball is in play,
- (e) Time expires for a half or extra period,
- (f) A foul occurs while the ball is in play,
- (g) Any floor violation occurs or there is basket interference or there is free throw violation by the thrower's team and the basket is missed

*Exceptions* The ball does not become dead at the time of the listed act and goal, if made, counts if

- (1) Ball is in flight on a free throw or try for a field goal when (d), (e) or (f) occurs, or
- (2) an opponent fouls while the ball is still in possession of player who is trying for a goal and who finished his try with a continuous motion which started before the foul occurred, or
- (3) penalty for a jumpball violation is ignored

40 Time-out Time out occurs and the game watch shall be stopped when an Official signals

- (a) a violation,
  - (b) a foul,
  - (c) a held ball,
  - (d) unusual delay in getting a dead ball into play,
  - (e) suspension of play for an injury, or for removal of a player, such removal being ordered by an Official,
  - (f) suspension of play for any reason, ordered by the Official,
- or
- (g) when the 30 second signal is sounded

41 Charged Time out A Coach has the right to request to charged time out. He shall do so by going in person to the Scorer and asking clearly for a "time out", making the proper conventional sign with his hands. Electrical devices enabling Coaches to request a time out without leaving their places may be used. Such devices may not, under any circumstances, be used to request a player substitution.

The Scorer shall indicate to the Officials that a request for charged time out has been made by sounding his signal as soon as the ball is dead and the game watch is stopped but before the ball is again in play (see article 37)

A time-out shall be charged to a team for each minute consumed under this provision. If the team responsible for the time out is ready to play before the end of the charged time ~

the Referee is hereby given authority to start the game immediately

*Exceptions* No time out is charged if an injured player or disqualified player or a player who has committed his fifth foul is replaced within one minute or if the injured player is ready to play immediately or if the Officials permit a delay such as that caused by an untied shoe lace

**42 Legal Charged Time-out** Two charged time-outs may be granted to each team during each half of playing time, and one charged time out for each extra period

Unused time-outs may not be carried over to the next half or extra period

**43 Time out In Case of Injury** The Officials may order time-out in case of injury to players or for any other reason although not for trifles. If the ball is in play when an injury occurs the Officials shall withhold their whistles until the play has been completed that is the team in possession of ball has thrown for goal lost possession of the ball has withheld the ball from play or the ball has become a dead ball

When necessary to protect an injured player the Officials may suspend play immediately

If the injured player cannot resume his place 1 minute after the interruption he shall be substituted and his substitute alone can effect the free throws that may have been awarded to him

**44 Time-in** After time has been out the game watch shall be started when play is resumed

(a) If the play is resumed by a jump-ball the watch shall be started as the ball after having reached its highest point is tapped by the first player

(b) If a free throw is not successful and ball is to continue in play the watch shall be started when it is apparent the throw will not be successful

(c) If play is resumed by a throw in from out of bounds the watch shall be started when the ball touches a player in the court

#### **45 How Play is Resumed**

(a) After time out or after the ball has become dead for any other reason and if no situation in (b) or (c) of this article is involved, ball is put in play as follows. If a team had control

of the ball, any player of the team designated by the captain shall throw it in from the point out-of bounds on the side lines nearest the point where the ball became dead. If neither team had control, two opponents shall jump in the circle nearest where the ball became dead.

(b) After a foul, ball is put in a play by placing it at the disposal of the offended team (out of bounds on the side lines), or of the free thrower or by a jump ball at the nearest circle.

(c) After a held ball, or the ending of a half period, or a field goal or an out of bounds, or the ending of a free throw or a violation, ball is put in play as prescribed in the relevant Rule.

### RULE SEVEN—PLAYERS' REGULATIONS

46 Substitutions. A substitute before going upon the court shall report to the Scorer and must be ready to play immediately.

The Scorer shall sound his signal immediately if the ball is dead and the game watch is stopped but before the ball is again in play (see art 37), as the consequence of one of the following situations:

(a) a held ball has been called,

(b) a foul has been called,

(c) a charged time out has been granted,

(d) game has been stopped to attend an injured player, or for any other reason, ordered by the Officials.

Following a violation, only the team who has possession of the ball for the throw in from out of bounds may effect a substitution. If such a situation occurs, the opponents may also effect a substitution.

The substitute shall remain outside the boundary line until an Official beckons him to enter whereupon he shall report immediately to the nearer Official telling the Official his name or number and the name or number of the player he replaces. When a substitute enters at the beginning of the second half, he is not required to report to an Official, but he must report to the Scorer.

Substitutions shall not take more than 20 seconds regardless of the number of substitutions effected by one team. If more time is taken, it shall count as a time out and shall be charged against the offending team.

After a successful free throw, only the player who was attempting the free throw may be substituted provided such substitution was requested before the ball is again in play for the last free throw. A player involved in a jumpball may not be substituted by another player.

**47 Location of Player and Official** The location of a player is determined by where he is touching the floor. When he is in the air from a leap he retains the same status as when he last touched the floor as far as the boundary lines, the free throw line or the lines delimiting the free throw lines are concerned (except as provided in article 65 b).

The location of an Official is determined in the same manner as that of a player. When the ball touches an Official it is the same as touching the floor at the Official's location.

**48 How Ball is Played** In Basketball the ball is played with the hands. *Kicking or striking it with the first is a violation. For penalty see art 62*

Kicking the ball is a violation only when it is a positive act. accidentally striking the ball with the foot or leg is not a violation.

**49 Control of the Ball** A player is in control of the ball when he is holding a live ball or dribbling it. A team is in control when a player of that team is in control of the ball and also while a live ball is in being passed between team mates. Team control continues until there is a try for goal or an opponent secures control, or the ball becomes dead.

**50 Player Out-of Bounds--Ball Out-of Bounds** A player is out-of bounds when he touches the floor on or outside of the boundary lines.

The ball is out of bounds when it touches a player who is out-of bounds or any other person, the floor or any object on or outside a boundary line, or the supports or back of the back-board.

**51 How Ball Goes Out of Bounds** If the ball is out-of-bounds because of touching something other than a player, it is caused to go out by the last player to touch it before it goes out. If it is out-of bounds because of touching a player (on or outside boundary) such a player causes it to go out.

The following basic principle should be observed in making decisions

A team in possession of the ball may expect to score a field goal, if the field goal is scored and is valid, free throw and out-of-bounds penalties related to eventual fouls committed against that team in this situation will be disregarded, and the ball will be put in play by opponents as if no foul had occurred. However, a foul will be charged and inscribed on the Score Sheet for each offence

**83 Double and Multiple Foul** When a double foul and another foul are committed at the same time, the double foul shall be dealt with as in article 79, and the other foul dealt with according to the respective Rule above. Play shall be resumed, after the fouls have been charged and the eventual penalty administered as though the double foul had not occurred

**84 Fouls in Special Situations** Situations other than those foreseen in these Rules may occur when fouls are committed at approximately the same time during the dead ball that follows a foul, a double foul or a multiple foul

As a general direction to Officials, the following principles may be applied in such situation

- (a) a foul shall be charged for each offence,
- (b) fouls that involve penalties of about the same gravity against both teams shall not be penalized by awarding free throws, and the ball shall be put in play by a jump-ball at the nearest circle or, in case of doubt, at the centre,
- (c) penalties that are not compensated by similar penalties against the other team shall be maintained but under no circumstances shall a team be awarded more than two free throws and possession of the ball

**79 Double Foul** A double foul is a situation in which two opponents commit fouls against each other at approximately the same time

In case of a double foul no free throw shall be awarded but a personal foul shall be charged against each offending player

The ball shall be put in play at the nearest circle by a jump-ball between the two players involved

**80 Multiple Foul** A multiple foul is a situation in which two or more team mates commit personal fouls against the same opponent at approximately the same time

When two or more personal fouls are committed against a player by opponents one foul shall be charged to each offending player, and the offended player shall be awarded two free throws, irrespective of the number of fouls

If the fouls are committed on a player in the act of shooting the goal if made shall count, and no free throw be awarded but the fouls shall be charged against the offending players, and the ball shall be put in play from behind the end line

**81 The Act of Throwing for Goal** Whenever a foul is called on the opponent of a player who as part of a continuous motion which started before the foul occurred succeeds in making a field goal the goal shall count even if the ball leaves the player's hands after the whistle blows provided the whistle did not affect the game The player must be throwing for goal or starting an effort to throw for goal when the whistle blows the goal does not count if he makes an entirely new effort after the whistle blows

## C GENERAL PROVISIONS

**82 Basic Principle** Each Official has power to call fouls independently from the other, and thus at any time during the Game, whether the ball is alive or dead

Fouls committed during the dead ball that follows a foul are considered as being committed at the time the ball became dead because of the first foul

Any number of fouls may therefore be called at the same time against one or both teams

The following basic principle should be observed in making decisions

A team in possession of the ball may expect to score a field goal, if the field goal is scored and is valid, free throw and out of bounds penalties related to eventual fouls committed against that team in this situation will be disregarded, and the ball will be put in play by opponents as if no foul had occurred. However, a foul will be charged and inscribed on the Score Sheet for each offence

**83 Double and Multiple Foul** When a double foul and another foul are committed at the same time the double foul shall be dealt with as in article 79, and the other foul dealt with according to the respective Rule above. Play shall be resumed, after the fouls have been charged and the eventual penalty administered as though the double foul had not occurred

**84 Fouls In Special Situations** Situations other than those foreseen in these Rules may occur when fouls are committed at approximately the same time during the dead ball that follows a foul, a double foul or a multiple foul

As a general direction to Officials, the following principles may be applied in such situation

(a) a foul shall be charged for each offence,

(b) fouls that involve penalties of about the same gravity against both teams shall not be penalized by awarding free throws, and the ball shall be put in play by a jump-ball at the nearest circle or, in case of doubt, at the centre

(c) penalties that are not compensated by similar penalties against the other team shall be maintained but under no circumstances shall a team be awarded more than two free throws and possession of the ball

**85 Disqualifying Foul** Any flagrantly unsportsmanlike infraction of articles 74 and 77 is a disqualifying foul. A player who commits such a foul must be disqualified and removed immediately from the game

**86 Five Fouls** A player who has committed five fouls either personal or technical must automatically leave the game

## RULE TEN—LAST THREE MINUTES OF PLAY

**87 Last Three Minutes of Play** During the last three minutes of play of the second half and during all extra periods,



all personal fouls shall be considered as committed on a player who is throwing for goal. The offended team shall have the option of either attempting the two free throws or of putting the ball in play from out-of-bounds at the mid-point of the side-line. This will also apply to free-throws following a technical foul committed by a player (not by Coach or substitute). The decision shall rest with the Captain of the offended team, and the player who is to put the ball in play from out-of-bounds will be entitled to pass the ball to a team-mate at any point on the playing court.

88. **Ten-Second Rule.** During the last three minutes of play of the second half and during all extra periods, the attacking team must bring the ball to its *front-court* within 10 seconds from the moment it has got possession of the ball in the court. The same team cannot cause the ball to return to its back-court. The restriction applies to all situations, including throw-in from out-of-bounds, rebounds and interceptions. It does not apply, however, to jump-ball situations at the centre circle, or to the situation described in articles 75 and 87.

The ball goes into the front-court when it touches the floor beyond the centre line or is touching a player who has a part of his body in contact with the floor beyond the centre line. The same principles apply when a team returns the ball to its back-court.

*An infraction of this rule is a violation. For penalty see article 62.*

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# **BOXING**

## **RULES OF BOXING**

### **1 Ring**

#### **(a) Dimensions**

In all competitions and contests the inside measurements of the ring shall be not less than 12 feet or more than 20 feet (3m 66 and 6m 10 in metric measurement) square. The height from ring floor level to the top rope shall be not less than four feet nor more than five feet (1m 22 and 1m 52 in metric measurement).

#### **(b) Ropes**

The ring shall be formed by two or preferably three sets of ropes covered with linen or similar soft material.

#### **(c) Platform and Corner Pads**

The platform shall be safely constructed, level and free from any obstructing projections and shall extend for at least 18 inches outside the line of the ropes. It shall be fitted with four corner posts which shall be well padded or otherwise so constructed as to prevent injury to the boxers.

#### **(d) Undercover**

The floor shall be covered with an undercover of rubber of a standard approved by the A B A, over which canvas shall be stretched and secured in place. The undercover and canvas shall cover the entire platform.

#### **(e) Accessories**

While a bout is in progress, the platform must be cleared of all chairs, buckets, basins, etc.

(f) At all Dinner/Boxing Tournaments a minimum distance of 2 metres shall be clear of all tables, excluding those required for use by officials.

### **2 Competitors' Attire and Distinguishing Colours**

Competitors shall box in a vest completely covering chest and back, shorts being of reasonable length, reaching to mid thigh position and light boots or shoes. Swimming costumes are not permitted. A competitor will be excluded from competing unless

properly attired Competitors must wear distinguishing colours such as red or blue sashes round the waist to be supplied by the club promoting the tournament

Gumshields may be worn and a cup-protector or jock strap shall be worn

The use of grease vaseline or products including alcoholic lotions likely to be harmful or objectionable to an opponent on the face arms or any other part of the body is forbidden

To avoid the possibility of scarring of the lining of the eyes beards are forbidden and hair must *not* extend below the nape of the neck behind or below the lobes of the ears at the sides and the fringe in front must not extend to the level of the eyebrows

Every Association will arrange for their boxers to have a Record Card which must contain a record of the boxers bouts name of opponents and showing the result how won or lost It shall be the responsibility of the Clerk of Scales to draw the attention of the Official in Charge of the Tournament to any infringement of this rule

3 Gloves The gloves to be of standard weight of eight ounces (227 grammes) each except when otherwise specially sanctioned for junior competitions All gloves will be padded with a resilient foam moulding as approved by the A B A

4 Bandages A soft dry surgical bandage not to exceed 8 ft 4 ins (2.5m) in length and 1½ ins (4.4 cm) in width or a dry bandage of the Velpeau type not to exceed 6 ft 6 ins. (2 m) in length and 1½ ins (4.4 cm) in width may be worn on each hand No other kind of bandage may be worn The use of any kind of tapes rubber or adhesive plasters is strictly forbidden but the end of the bandage may be secured at the wrist by thin adhesive tape not more than 3 inches by 1 inch (7.5 cm by 2.5 cm)

5 Dressing Rooms Suitable dressing room accommodation must be provided for competitors at all tournaments Whenever possible separate dressing room accommodation should be provided for appointed officials

6 Weigh In Competitors to weigh in on the day of competition stripped or in boxing costume as they may prefer

Notices and advertisements shall specify the exact weight of

each competition. No extra weight allowance for costume or other reasons shall be advertised or permitted.

All scales and/or weighing machines at Championships tournaments must have a certificate of accuracy dated not more than 48 hours prior to the tournament weigh in.

**7 Duration of Rounds** The number and duration of rounds for senior competitions and contests shall be as follows —

*Competitions—*

Novice—3 rounds of 2 minutes each

Intermediate—2 rounds of 2 minutes each and a third round of 3 minutes

Open—3 rounds of 3 minutes each

*Contests—*

Between open class boxers—4 rounds of 3 minutes each or 3 rounds of 3 minutes each

Between an open class boxer and an intermediate class boxer—3 rounds of 3 minutes each

Between intermediate class boxers—3 rounds of 3 minutes each, or 4 rounds of 2 minutes each

Between an intermediate class boxer and a novice class boxer—3 rounds of 2 minutes each

Between novice class boxers—3 rounds of 2 minutes each

In every case, there shall be an interval of one minute between the rounds.

**NOTE.** The number and duration of rounds for junior boxers are laid down in Appendix 16.

**8 The Draw, Byes and "Walk Overs"** A draw shall be made for all competitions after the weigh in and medical inspection.

In competitions where there are more than four competitors a sufficient number of byes shall be drawn in the first series to reduce the number of competitors in the second series to 4, 8, 16, or 32.

Competitors drawing a bye in the first series shall be the first to box in the second series. If there is an odd number of byes the boxer who draws the last bye will compete in the second series against the winner of the first bout in the first series.

properly attired. Competitors must wear distinguishing colours such as red or blue sashes round the waist to be supplied by the club promoting the tournament.

Gumshields may be worn and a cup protector or jock strap shall be worn.

The use of grease, vaseline or products including alcoholic lotions likely to be harmful or objectionable to an opponent on the face, arms or any other part of the body is forbidden.

To avoid the possibility of scarring of the lining of the eyes, beards are forbidden and hair must *not* extend below the nape of the neck behind or below the lobes of the ears at the sides and the fringe in front must not extend to the level of the eyebrows.

Every Association will arrange for their boxers to have a Record Card which must contain a record of the boxers' bouts, name of opponents and showing the result, how won or lost. It shall be the responsibility of the Clerk of Scales to draw the attention of the Official in Charge of the Tournament to any infringement of this rule.

**3. Gloves.** The gloves to be of standard weight of eight ounces (227 grammes) each, except when otherwise specially sanctioned for junior competitions. All gloves will be padded with a resilient foam moulding as approved by the A.B.A.

**4. Bandages.** A soft dry surgical bandage not to exceed 8 ft 4 ins (2.5 m) in length and 1½ ins (4.4 cm) in width, or a dry bandage of the Velpau type not to exceed 6 ft 6 ins (2 m) in length and 1½ ins (4.4 cm) in width may be worn on each hand. No other kind of bandage may be worn. The use of any kind of tapes, rubber or adhesive plasters is strictly forbidden, but the end of the bandage may be secured at the wrist by thin adhesive tape not more than 3 inches by 1 inch (7.5 cm by 2.5 cm).

**5. Dressing Rooms.** Suitable dressing room accommodation must be provided for competitors at all tournaments. Whenever possible, separate dressing room accommodation should be provided for appointed officials.

**6. Weigh in.** Competitors to weigh in on the day of competition, stripped or in boxing costume as they may prefer.

Notices and advertisements shall specify the exact weight of

each competition. No extra weight allowance for costume or other reasons shall be advertised or permitted.

All scales and/or weighing machines at Championships tournaments must have a certificate of accuracy dated not more than 48 hours prior to the tournament weigh-in

7. **Duration of Rounds.** The number and duration of rounds for senior competitions and contests shall be as follows :—

*Competitions—*

Novice—3 rounds of 2 minutes each

Intermediate—2 rounds of 2 minutes each and a third round of 3 minutes

Open—3 rounds of 3 minutes each

*Contests—*

Between open class boxers—4 rounds of 3 minutes each or 3 rounds of 3 minutes each.

Between an open class boxer and an intermediate class boxer—3 rounds of 3 minutes each

Between intermediate class boxers—3 rounds of 3 minutes each, or 4 rounds of 2 minutes each.

Between an intermediate class boxer and a novice class boxer—3 rounds of 2 minutes each.

Between novice class boxers—3 rounds of 2 minutes each.

In every case, there shall be an interval of one minute between the rounds.

NOTE : The number and duration of rounds for junior boxers are laid down in Appendix 16.

8. **The Draw, Byes and "Walk-Overs".** A draw shall be made for all competitions after the weigh-in and medical inspection.

In competitions where there are more than four competitors, a sufficient number of byes shall be drawn in the first series to reduce the number of competitors in the second series to 4, 8, 16, or 32.

Competitors drawing a bye in the first series shall be the first to box in the second series. If there is an odd number of byes the boxer who draws the last bye will compete in the second series against the winner of the first bout in the first series.

No competitor may receive a bye in the first series and a walk over in the second series or two consecutive 'walk overs'. Should such a position arise a fresh draw shall be made of the competitors still remaining in the competition to provide opponents for those competitors who have already received a bye walk over in the preceding series.

**Table for Drawing Bouts and Byes**

<i>No of Entries</i>	<i>Bouts</i>	<i>Byes</i>	<i>No of Entries</i>	<i>Bouts</i>	<i>Byes</i>
5	1	3	13	5	3
6	2	2	14	6	2
7	3	1	15	7	1
8	4	—	16	8	—
9	1	7	17	1	15
10	2	6	18	2	14
11	3	5	19	3	13
12	4	4	20	4	12

**9 Limitation of Competitors In Competitions** Not more than eight nor less than four competitors may be allowed to compete in any competition. This rule does not apply to any championships authorised by the Association.

The club promoting the competition shall have the right to nominate one of its members to compete providing that member has been entered for the competition.

**10 Fresh Draw** In the event of two members of the same club being drawn together in the first series and one of them wishing to withdraw in favour of the other a fresh draw must be made. The competitor withdrawing shall not be included in the new draw and the official in charge must report the particulars to the Association.

**11 Withdrawal of Competitor** After the draw has been made should a competitor retire from the competition without a satisfactory reason the official in charge shall report the circumstances to the Association.

**12 Retirement of Competitor** Any competitor retiring from any cause must immediately inform the official in charge.

**13 Byes After First Series of Competition** Byes that arise after the first series shall be sparring for the specified time with an opponent approved by the official in charge.

**14 Competition Stages - Non-Postponement** In no circumstances shall a semi final or final of a competition open to affiliated clubs be postponed

This rule shall not apply to the A B A Championships, or the A B A Junior Championships or any recognised Championships or any of the preliminary stages of such Championships

**15 Seconds** Each competitor shall be attended by one second, and no advice or coaching shall be given to a competitor by his second during the progress of a round. In addition to the Referee any appointed official can rebuke the second(s) for a breach of this rule. An assistant second may act, but he shall not advise or coach the competitor during the bout. He may not enter the ring or stand on the ring platform

Where possible, a separate changing room shall be provided for official seconds

No stimulant of any kind, other than water, may be administered to a boxer immediately prior to or during a bout,

**16 Shaking Hands** Boxers shall be required to shake hands twice only

(a) Immediately after the M C has announced the names of the contestants, when they will advance to the centre of the ring, shake hands, and return to their corner to await the commencement of the contest,

(b) At the end of the contest, after the winner has been announced

**17 Control of Bouts** Referees, Judges and Timekeepers. All competitions and contests shall be controlled by a Referee, three judges and a Timekeeper. The Referee shall officiate in the ring. When less than 3 Judges are available the Referee shall complete a scoring paper. Exhibition bouts shall be controlled by a Referee

Referees shall use a score pad or introduction slip to record the names and colours of the boxers. In all cases when a bout is terminated through injury or other cause, the Referee shall record the reason thereon and give it to the Official-in-Charge

The Timekeeper shall be seated at one side of the ring and the Judges at the remaining three sides. The seats shall afford them a satisfactory view of the boxing and shall be apart from the spectators. The Referee shall be solely responsible for the



control of the bout in accordance with the rules and the three judges shall independently award points

The Referee shall be attired in white when officiating at major tournaments

**18 Award of Points and Nominations of Winner** (a) In all competitions and contests the judges shall award points

(b) The points shall be put down on the scoring paper at the end of each round and totalled at the end of the bout Fractions must not be used

(c) The name of each competitor and the colour of his sash or corner must be written on the scoring paper

(d) Each judge must nominate a winner and sign his scoring paper The Judge's name shall be written in Block letters as well as signed on all score slips

**19 Method of Scoring** The boxer who strikes his opponent the greater number of scoring blows shall be awarded 20 points at the end of each round the other boxer shall receive a lesser number of points in proportion to the number of scoring blows he has struck

When the judge considers an equal number of scoring blows have been struck by the boxers he shall award 20 points to each

Should the number of points awarded to the boxers be equal at the end of the bout the judge should award the decision to the boxer who has (a) done the most leading off or if equal in this respect (b) who has shown the better style If he considers the boxers are equal in leading off and style he shall award the decision to the boxer who has shown the better defence

### *Definitions*

The above rule is governed by the following definitions

#### *(a) Scoring Blows*

Blows struck with the knuckle part of the closed glove of either hand on the front or sides of the head or body above the belt There must be force behind the blow

#### *(b) Non Scoring Blows*

(a) Blows struck whilst committing any infringement of the rules including those listed in Rule 22

(b) Blows on the arms or on the back

(c) Soft blows or taps with no force behind them

*(c) Leading Off*

Striking first or attempting to strike first Any infringement of the rules nullifies the scoring value of a leading off move

*(d) Defence*

Avoidance of blows by blocking parrying ducking guarding side-stepping etc

20 Announcement of Decision and Disposal of Scoring Papers (a) At the end of each bout where the stipulated number of rounds has been completed the Referee shall collect and verify the Judges scoring papers and instruct the M C to announce the decision stating whether this is unanimous or majority decision In Senior contests the Referee will raise the hand of the winner

(b) If a bout be terminated in favour of one boxer the Referee shall instruct the M C to announce the name of the winner and the reason for the stoppage then collect the Judges scoring papers

(c) If both boxers be unable to continue boxing for any reason the bout shall be terminated the Judges scoring papers collected and the verdict awarded to the boxer who was leading on points when the bout was stopped In such cases should the bout be terminated during a round the Judges shall award points as though it had been a completed round

This rule refers to injury of the boxers If the bout is stopped for any other reason the Official in Charge will decide whether the rule shall apply

(d) If a boxer be disqualified the Referee shall instruct the M C to announce the reason for disqualification and the name of the winner If both boxers be disqualified the Referee shall instruct the M C to announce the reasons The Judges scoring papers shall then be collected by the Referee

(e) When there are only two Judges the Referee shall first complete his scoring paper and then collect the Judges scoring papers Should there be less than two judges the Referee alone shall officiate on no account shall be officiate with only one Judge

control of the bout in accordance with the rules and the three judges shall independently award points

The Referee shall be attired in white when officiating at major tournaments

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Striking first, or attempting to strike first. Any infringement of the rules nullifies the scoring value of a leading off move

*(d) Defence*

Avoidance of blows by blocking, parrying, ducking, guarding, side-stepping, etc

**20 Announcement of Decision and Disposal of Scoring Papers** (a) At the end of each bout where the stipulated number of rounds has been completed, the Referee shall collect and verify the Judges' scoring papers and instruct the M C to announce the decision stating whether this is unanimous or majority decision. In Senior contests the Referee will raise the hand of the winner

(b) If a bout be terminated in favour of one boxer, the Referee shall instruct the M C to announce the name of the winner and the reason for the stoppage, then collect the Judges' scoring papers

(c) If both boxers be unable to continue boxing, for any reason the bout shall be terminated, the Judges' scoring papers collected and the verdict awarded to the boxer who was leading on points when the bout was stopped. In such cases, should the bout be terminated during a round the Judges shall award points as though it had been a completed round

This rule refers to injury of the boxers. If the bout is stopped for any other reason the Official in Charge will decide whether the rule shall apply.

(d) If a boxer be disqualified the Referee shall instruct the M C to announce the reason for disqualification and the name of the winner. If both boxers be disqualified the Referee shall instruct the M C. to announce the reason/s. The Judges' scoring papers shall then be collected by the Referee

(e) When there are only two Judges the Referee shall first complete his scoring paper and then collect the Judges' scoring papers. Should there be less than two judges the Referee alone shall officiate, on no account shall be officiate with only one Judge

(f) At the termination of each bout the Referee shall hand the scoring papers to the M.C. who will be responsible for giving them to the Official in Charge unless other arrangements for their disposal have been made by the A.B.A. or other appropriate Association

21 **Decision of Referee or Judges is Final** The decision of the judges or referee as the case may be shall be final and without appeal

22 **Fouls and Disqualification** The referee shall have power to caution warn or disqualify without warning for any of the acts mentioned below A caution is in the nature of advice or admonishment given by a referee to a boxer to check or prevent undesirable practices or the less serious infringements of the rules To do so he will not necessarily stop the contest Where an infringement recurs or is in the opinion of the referee more serious he may warn the offender

If he intends to warn a boxer he shall stop the contest and demonstrate the infringement He will then point to the offending boxer and to each of the judges

The following are fouls

(a) Hitting with the open glove hitting with the inside or "butt" of the hand hitting with the wrists or any part of the glove other than the knuckle part of the closed glove

(b) Hitting with the elbow

(c) Hitting below the belt

(d) Using the kidney punch

(e) Using the pivot blow

(f) Deliberate blows on the back of the neck or head

(g) Striking a competitor when he is down

(h) Holding

(i) Lying on with head or body

(j) Ducking below the belt in a manner dangerous to his opponent

(k) Butting or dangerous use of the head

(l) Roughing

(m) Shouldering

(n) Wrestling

(o) Intentionally falling without receiving a blow

(p) Persistently covering up

(q) Unfair use of the ropes

(r) Double simultaneous blows to the ears

or for any other act the referee may deem improper.

The referee shall report the circumstances of the disqualification to the appropriate Association.

The referee shall indicate to a boxer by suitable explanation or gestures as appropriate, any infringements of the Rules, especially the too common offences of hitting with open glove or inside of glove, lying-on, holding in various ways, dangerous use of the head, and not stepping back on command "Break".

(a) A judge may during each round impose a suitable scoring penalty for any foul witnessed by him whether observed by the referee or not.

(b) If the referee warns one of the boxers the judges may award a point to the other boxer. When a judge decides to award a point to a competitor for a foul committed by his opponent for with the latter has been warned by the referee he shall place the letter "W" in the appropriate column against the points of the warned competitor to show he has done so. If he decides not so to award a point he shall in the appropriate column place the letter "X" against the points allotted for that round to the warned competitor.

(c) If a judge observes a foul apparently unnoticed by the referee and imposes an appropriate penalty on the offending competitor he shall indicate that he has done so by placing in the appropriate column the letter "J" against the points of the offending competitor and indicate the reason why he has done so.

23. The "Break." When a referee orders the two competitor to "break" both boxers must step back one pace before recommencing to box. A boxer shall not attempt to strike his opponent on the "break." A competitor breaking this rule shall be liable to disqualification.

24. A Competitor who is "Down" and the Count. A boxer is to be considered "down" if any part of his body other than his feet, is touching the floor, or if he is outside, or partly outside, the ropes or hangs helpless on the ropes.

(a) When a boxer is "down" the referee shall immediately begin to count to seconds, his opponent must at once retire to the farthest neutral corner where he shall remain until ordered to resume boxing by the referee. If he should not go to the neutral corner on the command of the referee, the referee shall

stop counting until he has done so. The counting shall then be continued where it has been interrupted

The referee shall count aloud and shall indicate with his hand the passing of each second up to ten, from the time the boxer goes down, so that that boxer may be aware of the count. When the referee suspects a boxer is "down" as a result of a foul, he shall nevertheless count until the boxer rises or until "ten" is pronounced unless the end of the round intervenes, and then shall consult the judges before allowing the bout to continue or giving his verdict

(b) If the boxer is able to continue the bout before the referee has pronounced "ten", the bout shall be continued. After the referee has said "ten" the bout ends. The referee having stopped the bout by pronouncing 'ten' the term "Knock-out" or "K O" will not be used, the term "failed to beat the count" will be used

(c) When a boxer is knocked down as the result of a blow the bout shall not be continued until the referee has reached the count of eight, even if the boxer is ready to continue before then

(d) In the event of a boxer being down at the end of a round, other than the last round, the referee shall continue the count. Should the referee count up to ten, such a boxer shall be deemed to have lost the bout. If the boxer is fit to resume boxing before the count of ten is reached, the referee shall immediately use the command "BOX"

(e) If at the end of a round, other than the last round, a boxer is "down" and the referee is in the course of counting, the gong indicating the end of the round will NOT be sounded. The gong will be sounded only when the referee gives the command "Box" indicating the continuation of the bout. The interval between rounds shall be of a full minute's duration

25 **Stoppage of a Bout** (a) If a boxer in the opinion of the referee is unfit to continue because of injury the bout shall be stopped and his opponent declared the winner. The right to decide the aforementioned rests with the referee, who may consult the doctor. Having consulted the doctor, the referee shall follow his advice

(b) The referee shall be empowered to stop a bout if in his opinion a man is outclassed or unfit to continue, and that man shall be deemed to have lost the bout

26. **Failure to Resume Bout** In all bouts, any competitor failing to resume sparring when time is called shall lose the bout.

27. **Breach of These Rules** The breaking of any of these rules by a competitor or his second shall render such competitor liable to disqualification.

28. **No Prize for Disqualified Competitor.** A competitor who has been disqualified shall not receive any prize.

29. **Suspected Foul** If the referee suspects a foul which he himself has not clearly seen, he shall consult the judges and give his decision accordingly

30. **Interpretation of These Rules** The judges and referee shall decide (1) the interpretation of any of these rules, (2) any question not provided for in the rules

31. **Match Secretaries** shall be allowed to see Boxers' records as listed on ME3 (Boxers Medical/Record Card), on request.

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## CRICKET

### THE LAWS OF CRICKET

The term *Special Regulations* referred to in certain Laws are those authorised by M.C.C. Overseers Governing Bodies or other Cricket Authorities in respect of matches played under their jurisdiction.

#### (A)—THE PLAYERS UMPIRES AND SCORERS

1 A match is played between two sides of eleven players each unless otherwise agreed. Each side shall play under a Captain who before the toss for innings shall nominate his players who may not thereafter be changed without the consent of the opposing Captain.

Notes 1. If a captain is not available at any time a deputy must act for him to deal promptly with points arising from this and other Laws.

2. No match in which more than eleven players a side take part can be regarded as *First-class* and in any case no side should field with more than eleven players.

2 Substitutes Substitutes shall be allowed to field or run between the wickets for any player who may during the match be incapacitated from illness or injury but not for any other reason without the consent of the opposing Captain no Substitute shall be allowed to bat or to bowl. Consent as to the person to act as substitute in the field shall be obtained from the opposing Captain who may indicate positions in which the Substitute shall not field.

Notes 1. A player may bat bowl or field even though a substitute has acted for him previously.

2. An injured batsman may be *Out* should his runner infringe Laws 36, 40 or 41. As *Striker* he remains himself subject to the Laws should he be out of his ground for any purpose he may be *Out* under Laws 41 and 42 at the wicket-keeper's end irrespective of the position of the other batsman or the substitute when the wicket is put down. When *not the Striker* the injured batsman is out of the game and stands where he does not interfere with the play.

3 The Appointment of Umpires Before the toss for innings two Umpires shall be appointed one for each end to control the game as required by the Laws with absolute impartiality. No Umpire shall be changed during a match without the consent of both Captains.

**NOTE 1** The umpires should report themselves to the executive of the ground 40 minutes before the start of each day's play

**4 The Scorers** All runs scored shall be recorded by Scorers appointed for the purpose the Scorers shall accept and acknowledge all instructions and signals given to them by the Umpires

**NOTE 2** The umpires should wait until a signal has been answered by a scorer before allowing the game to proceed Mutual consultation between the scorers and the umpires to clear up doubtful points is at all times permissible

## (B)—THE IMPLEMENTS OF THE GAME AND THE GROUND

**5 The Ball** The Ball shall weigh not less than 5½ ounces nor more than 5¾ ounces It shall measure not less than 8+3/16 inches, nor more than 9 inches in circumference Subject to agreement to the contrary either Captain may demand a new ball at the start of each innings In the event of a ball being lost or becoming unfit for play, the Umpires shall allow another ball to be taken into use They shall inform the Batsmen whenever a ball is to be changed

**NOTES 1** All cricket balls used in First class matches should be approved before the start of a match by the umpires and captains

**2** In First Class matches the Captain of the fielding side may demand a new ball after the prescribed number of overs has been bowled with the old one The Governing Body for cricket in the country concerned shall decide the number of overs applicable in that country which shall be not less than 75 overs nor more than 85 overs (55 to 65 eight ball overs) In other grades of cricket these regulations will not apply unless agreed before the toss for innings

**3** Any ball substituted for one lost or becoming unfit for play should have had similar wear or use as that of the one discarded

**6 The Bat** The Bat shall not exceed 4½ inches in the widest part, it shall not be more than 38 inches in length

**7 The Pitch** The Pitch is deemed to be the area of ground between the bowling creases 5 feet in width on either side of the line joining the centre of the wickets Before the toss for innings, the executive of the ground shall be responsible for the selection and preparation of the Pitch, thereafter the Umpires shall control its use and maintenance The Pitch shall not be changed during a match unless it becomes unfit for play, and then only with the consent of both Captains

**8 The Wickets** The Wickets shall be pitched opposite and parallel to each other at a distance of 22 yards from stump to

**stump** Each Wicket shall be 9 inches in width and consist of three stumps with two bails upon the top. The stumps shall be of equal and of sufficient size to prevent the ball from passing through, with their top 28 inches above the ground. The bails shall be each  $4\frac{1}{2}$  inches in length and when in position on the top of the stumps shall not project more than  $\frac{1}{2}$  inch above them.

**Notes 1** Except for the bail grooves the tops of the stumps shall be dome shaped.

**2** In a high wind the captains may agree with the approval of the umpires to dispense with the use of bails (See Law 31 Note 3).

**9 The Bowling and Popping Creases** The bowling crease shall be marked in line with the stumps 8 ft 8 in / 2.64 m in length, with the stumps in the centre. The popping crease shall be marked 4 ft 1 22 m in front of and parallel with the bowling crease and shall extend a minimum of 6 ft 1.83 m either side of the line of the stumps. The return crease shall be marked at each end of the bowling crease at right angles to it and shall extend forward to join the popping crease and a minimum of 4 ft 1.22 m behind the wicket. Both the return and popping creases shall be deemed unlimited in length.

**Notes 1** The distance of the Popping crease from the wicket is measured from a line running through the centre of the stumps to the inside edge of the crease.

**2** Whenever possible the popping crease and the return crease shall be redrawn during each interval.

### (C)—THE CARE AND MAINTENANCE OF THE PITCH

**10 Rolling Mowing and Watering** Unless permitted by Special Regulations the Pitch shall not be rolled during a match except before the start of each innings and of each day's play when if the Captain of the batting side so elect it may be swept and rolled for not more than 7 minutes. In a match of less than three days duration the pitch shall not be mown during the match unless Special Regulations so provide. In a match of three or more days duration the pitch shall be mown under the supervision of the Umpires before play begins on alternate days after the start of a match but should the pitch not be so mown on any day on account of play not taking place it shall be mown on the first day on which the match is resumed and thereafter on alternate days (For the purpose of this Law a rest

day counts as a day) Under no circumstances shall the Pitch be watered during a match

**NOTES 1** The umpires are responsible that any rolling permitted by this Law and carried out at the request of the captain of the batting side is in accordance with the regulations laid down and that it is completed so as to allow play to start at the stipulated time

The normal rolling before the start of each day's play shall take place not earlier than half an hour before the start of play but the captain of the batting side may delay such rolling until 10 minutes before the start of play should he so desire

**2** The time allowed for rolling shall be taken out of the normal playing time if a captain declares an innings closed either (a) before play starts on any day so late that the other captain is prevented from exercising his option in regard to rolling under this Law or (b) during the luncheon interval later than 15 minutes after the start of such interval

**3** Except in the United Kingdom if at any time a rain affected pitch is damaged by play thereon it shall be swept and rolled for a period of not more than ten consecutive minutes at any time between the close of play on the day on which it was damaged and the next resumption of play, provided that

(i) The umpires shall instruct the groundsmen to sweep and roll the pitch only after they have agreed that damage caused to it as a result of play after rain has fallen warrants such rolling additional to that provided for in Law 10

(ii) Such rolling shall in all cases be done under the personal supervision of both umpires and shall take place at such time and with such roller as the groundsmen shall consider best calculated to repair the damage to the pitch

(iii) Not more than one such additional rolling shall be permitted as a result of rain on any particular day

(iv) The rolling provided for in Law 10 to take place before the start of play shall not be permitted on any day on which the rolling herein provided for takes place within two hours of the time appointed for commencement of play on that day

**11. Covering the Pitch** The Pitch shall not be completely covered during a match unless 'Special Regulations' so provide covers used to protect the bowlers' run up shall not extend to a greater distance than  $3\frac{1}{2}$  feet in front of the Popping creases

**NOTE 1** It is usual under this Law to protect the bowlers' run up before and during a match both at night and when necessary during the day. The covers should be removed early each morning if fine

**12. Maintenance of the Pitch** The Batsman may beat the Pitch with his bat, and Players may secure their footholds by the use of sawdust, provided Law 46 be not thereby contravened. In wet weather the Umpires shall see that the holes made

**stump** Each Wicket shall be 9 inches in width and consist of three stumps with two bails upon the top. The stumps shall be of equal and of sufficient size to prevent the ball from passing through, with their top 28 inches above the ground. The bails shall be each 4½ inches in length and, when in position on the top of the stumps shall not project more than ½ inch above them.

**NOTES 1** Except for the bail grooves the tops of the stumps shall be dome shaped.

**2** In a high wind the captains may agree with the approval of the umpires to dispense with the use of bails (See Law 31, Note 3).

**9 The Bowling and Popping Creases** The bowling crease shall be marked in line with the stumps 8 ft 8 in / 2.64 m in length, with the stumps in the centre. The popping crease shall be marked 4 ft 1 22 m in front of and parallel with the bowling crease and shall extend a minimum of 6 ft 1.83 m either side of the line of the stumps. The return crease shall be marked at each end of the bowling crease, at right angles to it, and shall extend forward to join the popping crease, and a minimum of 4 ft 1 22 m behind the wicket. Both the return and popping creases shall be deemed unlimited in length.

**NOTES 1** The distance of the Popping crease from the wicket is measured from a line running through the centre of the stumps to the inside edge of the crease.

**2** Whenever possible the popping crease and the return crease shall be redrawn during each interval.

### (C)—THE CARE AND MAINTENANCE OF THE PITCH

**10 Rolling, Mowing and Watering** Unless permitted by 'Special Regulations', the Pitch shall not be rolled during a match except before the start of each innings and of each day's play, when, if the Captain of the batting side so elect, it may be swept and rolled for not more than 7 minutes. In a match of less than three days' duration, the pitch shall not be mown during the match unless 'Special Regulations' so provide. In a match of three or more days' duration, the pitch shall be mown under the supervision of the Umpires before play begins on alternate days after the start of a match but should the pitch not be so mown on any day on account of play not taking place, it shall be mown on the first day on which the match is resumed and thereafter on alternate days (For the purpose of this Law a rest

day counts as a day) Under no circumstances shall the Pitch be watered during a match

**Notes 1** The umpires are responsible that any rolling permitted by this Law and carried out at the request of the captain of the batting side is in accordance with the regulations laid down and that it is completed so as to allow play to start at the stipulated time

The normal rolling before the start of each day's play shall take place not earlier than half an hour before the start of play, but the captain of the batting side may delay such rolling until 10 minutes before the start a play should he so desire

2 The time allowed for rolling shall be taken out of the normal playing time if a captain declare an innings closed either (a) before play starts on any day so late that the other captain is prevented from exercising his option in regard to rolling under this Law or (b) during the luncheon interval later than 15 minutes after the start of such interval

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(i) The umpires shall instruct the groundsmen to sweep and roll the pitch only after they have agreed that damage caused to it as a result of play after rain has fallen warrants such rolling additional to that provided for in Law 10

(ii) Such rolling shall in all cases be done under the personal supervision of both umpires and shall take place at such time and with such roller as the groundsmen shall consider best calculated to repair the damage to the pitch

(iii) Not more than one such additional rolling shall be permitted as a result of rain on any particular day

(iv) The rolling provided for in Law 10, to take place before the start of play shall not be permitted on any day on which the rolling herein provided for takes place within two hours of the time appointed for commencement of play on that day

11. **Covering the Pitch** The Pitch shall not be completely covered during a match unless "Special Regulations" so provide covers used to protect the bowlers' run up shall not extend to a greater distance than 3½ feet in front of the Popping creases

**NOTE 1** It is usual under this Law to protect the bowlers' run up before and during a match both at night and when necessary during the day The covers should be removed early each morning, if fine

12 **Maintenance of the Pitch** The Batsman may beat the Pitch with his bat, and Players may secure their footholds by the use of sawdust, provided Law 46 be not thereby contravened In wet weather the Umpires shall see that the holes made

by the Bowlers and Batsmen are cleaned out and dried whenever necessary to facilitate play

### (D)—THE CONDUCT OF THE GAME

13 **Innings** Each side has two innings, taken alternately, except the case provided for in Law 14. The choice of innings shall be decided by tossing on the field of play

**NOTES 1** The captains should toss for innings not later than 15 minutes before the time agreed upon for play to start. The winner of the toss may not alter his decision to bat or field once it has been notified to the opposing captain

2 This Law also governs a One-day match in which play continues after the completion of the first innings of both sides (*See also* Law 22)

14 **Following Innings** The side which bats first and leads by 200 runs in a match of five days or more, by 150 runs in a three day or four-day match, by 100 runs in a two-day match, or by 75 runs in a one-day match, shall have the option of requiring the other side to follow their innings

15. **Declaration** The Captain of the batting side may declare an innings closed at any time during a match irrespective of its duration

**NOTES 1** A captain may forfeit his second innings. In this event the interval between innings shall be 10 minutes and his decision must be notified to the opposing captain and umpires in sufficient time to allow seven minutes rolling of the pitch

16 When the start of play is delayed by weather Law 14 shall apply in accordance with the number of days' play remaining from the actual start of the match

17 **Start and Close of Play and Intervals** The Umpires shall allow such intervals as have been agreed upon for meals, 10 minutes between each innings and not more than 2 minutes for each fresh batsman to come in. At the start of each innings and of each day's play and at the end of any interval the Umpire at the Bowler's end shall call "Play", when the side refusing to play shall lose the match. After "Play" has been called no trial ball shall be allowed to any player, and when one of the Batsmen is out the use of the bat shall not be allowed to any player until the next Batsman shall come in

**NOTES 1** The umpires shall not award a match under this Law unless (i) "Play" has been called in such a manner that both sides can clearly understand that play is to start (ii) an appeal has been made, and (iii) they are satisfied that a side will not or cannot, continue play

2 It is an essential duty of the captains to ensure that the "in-going" batsman passes the "out-coming" one before the latter leaves the

field of play. This is all the more important in view of the responsibility resting on the Umpires for deciding whether or not the delay of the individual amounts to a refusal of the batting side to continue play.

3 The interval for luncheon should not exceed 45 minutes unless otherwise agreed (but see Law 10 Note 2). In the event of the last wicket falling within 2 minutes of the time arranged for luncheon or tea, the game shall be resumed at the usual hour, no allowance being made for the 10 minutes between the innings.

4 Bowling practice on the pitch is forbidden at any time during the game.

5 No bowler shall have a trial 'Run up' after 'Play' has been called in any session, except at the fall of a wicket, when an umpire may allow such a trial 'Run up', if he is satisfied that it will not cause any waste of time.

18 The Umpires shall call "Time", and at the same time remove the balls from both wickets, on the cessation of play before any arranged interval, at the end of each day's play, and at the conclusion of the match. An "Over" shall always be started if "Time" has not been reached, and shall be completed unless a batsman is "Out" or "Retires" within 2 minutes of the completion of any period of play, but the "Over" in progress at the close of play on the final day of a match shall be completed at the request of either Captain even if a wicket fall after "Time" has been reached.

Notes 1 If, during the completion of the last over of any period of play, the players have occasion to leave the field the Umpires shall call "time". In the case of the last over of the match, there shall be no resumption of play and the match shall be at an end.

2 The last over before an interval or the close of play shall be started provided the umpire standing at square leg after walking at his normal pace has arrived at his position behind the stumps at the bowlers end before time has been reached. The above provision will apply if the batsman is 'Out' or 'Retires' after the last ball of an over when less than two minutes remain for play at the conclusion of the match.

3 In the final stages of a match, the umpires shall indicate when one hour of playing time remains (according to the agreed hour of play). From that moment, and providing a result is not reached earlier, the game will continue for a minimum of 20.6 ball overs (15.8 ball overs).

In the event of play being interrupted (including intervals or stoppages for rain, bad light, etc.), the number of overs to be bowled shall be reduced in proportion to the time lost, in the ratio of one over for every three minutes (four minutes for 8 ball overs) or part thereof lost.

If a new innings starts within the last hour of a match the minimum number of overs to be bowled shall be calculated on the basis of one for each three minutes or part of three minutes (four minutes for 8-ball overs) remaining for play, when the innings is started.

Whenever the minimum number of overs has been bowled before



the agreed time for the close of play the match shall continue (in the absence of a result) until the agreed time for close of play

(Both captains may agree before the match to forgo the conditions of this Note subject to such agreement being permitted by Special Regulations )

**19 Scoring** The score shall be reckoned by runs A run is scored

**1st** So often as the Batsmen after a hit or at any time while the ball is in play shall have crossed and made good their ground from end to end but if either Batsman run a short run, the Umpire shall call and signal One short and that run shall not be scored The Striker being caught no run shall be scored a Batsman being run out that run which was being attempted shall not be scored

**2nd** For penalties under Laws 21 27 29 44 and boundary allowances under Law 20

**Notes 1** If while the ball is in play the batsmen have crossed in running neither returns to the wicket he has left except in the case of a boundary hit or a boundary from extras or under Laws 30 Note 1 and 46 Note 4 (vii) This rule applies even should a short run have been called or should no run be reckoned as in the case of a catch

**2** A run is short if either of both batsmen fail to make good their ground in turning for a further run

Although such a short run shortens the succeeding one the latter if completed counts Similarly a batsman taking stance in front of his popping crease may run from that point without penalty

**3** (i) One run only is deducted if both batsmen are short in one and the same run

(ii) Only if three or more runs are attempted can more than one run be short and then subject to (i) above all runs so called shall be disallowed

(iii) If either or both batsmen deliberately run short the umpire is justified in calling Dead Ball and disallowing any runs attempted or scored as soon as he sees that the fielding side have no chance of dismissing either batsman under the Laws

**4** An umpire signals short run when the ball becomes dead by bending his arm upwards to touch the shoulder with the tips of his fingers If there has been more than one short run the umpires must instruct the scorers as to the number of runs disallowed (See Note 1 to Law 4)

**20 Boundaries** Before the toss for innings the Umpires shall agree with both sides on the Boundaries for play, and on the allowances to be made for them An Umpire shall call or signal 'Boundary' whenever, in his opinion, a ball in play hits, crosses or is carried over the Boundary The runs completed at

the instant the ball reaches the Boundary shall count only should they exceed the allowance, but if the "Boundary" result from an overthrow or from the wilful act of a fieldsmen, any runs already made and the allowance shall be added to the score

**NOTES 1** If flags or posts are used to mark a boundary the real or imaginary line joining such points shall be regarded as the boundary, which should be marked by a white line if possible

2 In deciding on the allowances to be made for boundaries the umpires will be guided by the prevailing custom of the ground

3 It is a 'Boundary' if the ball touches any boundary line or if a fieldsmen with ball in hand grounds any part of his person on or over that line. A fieldsmen however, standing within the playing area may lean against or touch a boundary fence in fielding a ball (*See also Law 35 Note 5*)

4 An obstacle, or person within the playing area is not regarded as a boundary unless so arranged by the umpires. The umpire is not a boundary, but sight screens within the playing area shall be so regarded

5 The customary allowance for a boundary is 4 runs but it is usual to allow 6 runs for all hits pitching over and clear of the boundary line or fence (even though the ball has been previously touched by a fieldsmen). It is not usual to allow 6 runs when a ball hits a sight screen full pitch, if the latter is on or inside the boundary

6 In the case of a boundary resulting from either an overthrow or the wilful act of a fieldsmen the run in progress counts provided that the batsmen have crossed at the instant of the throw or act

7 The umpire signals 'Boundary' by waving an arm from side to side, or a boundary '6' by raising both arms above the head

21 **Lost Ball** If a ball in play cannot be found or recovered any Fieldsmen may call "Lost Ball", when 6 runs shall be added to the score, but if more than 6 have been run before "Lost Ball" be called, as many runs as have been run shall be scored

22 **The Result** A match is won by the side which shall have scored a total of runs in excess of that scored by the opposing side in its two completed innings, one day matches, unless thus played out, shall be decided by the first innings. A match may also be determined by being given up as lost by one of the sides, or in the case governed by Law 17. A match not determined in any of these ways shall count as a "Draw"

**NOTES 1** It is the responsibility of the captains to satisfy themselves on the correctness of the scores on the conclusion of play

2 Neither side can be compelled to continue after a match is finished. A one-day match shall not be regarded as finished on the result of the first innings if the umpires consider there is a prospect of carrying the game to a further issue in the time remaining

(the agreed time for the close of play the match shall continue in the absence of a result) until the agreed time for close of play

(Both captains may agree before the match to forgo the conditions of this Note subject to such agreement being permitted by 'Special Regulations')

**19 Scoring** The score shall be reckoned by runs. A run is scored

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**2** A run is short if either of both batsmen fail to make good the ground in turning for a further run

Although such a short run shortens the succeeding one the latter if completed counts. Similarly a batsman taking stance in front of his popping crease may run from that point without penalty

**3** ( ) One run only is deducted if both batsmen are short in one and the same run

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(i) If either or both batsmen deliberately run short the umpire is justified in calling 'Dead Ball' and disallowing any runs attempted or scored as soon as he sees that the fielding side have no chance of dismissing either batsman under the Laws

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**20 Boundaries** Before the toss for innings the Umpires shall agree with both sides on the Boundaries for play and on the allowances to be made for them. An Umpire shall call or signal Boundary whenever in his opinion a ball in play hits crosses or is carried over the Boundary. The runs completed at

the instant the ball reaches the Boundary shall count only should they exceed the allowance, but if the "Boundary" result from an overthrow or from the wilful act of a fieldsmen, any runs already made and the allowance shall be added to the score

**Notes 1** If flags or posts are used to mark a boundary the real or imaginary line joining such points shall be regarded as the boundary which should be marked by a white line if possible

2 In deciding on the allowances to be made for boundaries the umpires will be guided by the prevailing custom of the ground

3 It is a 'Boundary' if the ball touches any boundary line or if a fieldsmen with ball in hand grounds any part of his person on or over that line. A fieldsmen however, standing, within the playing area may lean against or touch a boundary fence in fielding a ball (*See also Law 35 Note 5*)

4 An obstacle or person within the playing area is not regarded as a boundary unless so arranged by the umpires. The umpire is not a boundary but sight screens within the playing area shall be so regarded

5 The customary allowance for a boundary is 4 runs but it is usual to allow 6 runs for all hits pitching over and clear of the boundary line or fence (even though the ball has been previously touched by a fieldsmen). It is not usual to allow 6 runs when a ball hits a sight screen full pitch, if the latter is on or inside the boundary

6 In the case of a boundary resulting from either an overthrow or the wilful act of a fieldsmen the run in progress counts provided that the batsmen have crossed at the instant of the throw or act

7 The umpire signals 'Boundary' by waving an arm from side to side, or a boundary '6' by raising both arms above the head

21 **Lost Ball** If a ball in play cannot be found or recovered any Fieldsmen may call "Lost Ball", when 6 runs shall be added to the score, but if more than 6 have been run before 'Lost Ball' be called, as many runs as have been run shall be scored

22 **The Result** A match is won by the side which shall have scored a total of runs in excess of that scored by the opposing side in its two completed innings, one-day matches, unless thus played out, shall be decided by the first innings. A match may also be determined by being given up as lost by one of the sides, or in the case governed by Law 17. A match not determined in any of these ways shall count as a "Draw"

**Notes 1** It is the responsibility of the captains to satisfy themselves on the correctness of the scores on the conclusion of play

2 Neither side can be compelled to continue after a match is finished a one day match shall not be regarded as finished on the result of the first innings if the umpires consider there is a prospect of carrying the game to a further issue in the time remaining

3 The result of a finished match is stated as a win by runs except in the case of a win by the side batting last when it is by the number of wickets still then to fall. In a one-day match which is not played out on the second innings this rule applies to the position at the time when a result on the first innings was reached.

4 A Draw is regarded as a Tie when the scores are equal at the conclusion of play but only if the match has been played out. If the scores of the completed first innings of a one-day match are equal it is a Tie but only if the match has not been played out to a further conclusion.

23 The Over The ball shall be bowled from each wicket alternately in Overs of either 8 or 6 balls according to the agreed conditions of play. When the agreed number have been bowled and it has become clear to the Umpire at the Bowler's wicket that both sides have ceased to regard the ball as in play the Umpire shall call Over in a distinct manner before leaving the wicket. Neither a No Ball nor a Wide Ball shall be reckoned as one of the Over.

NOTE 1 In the United Kingdom the over shall be 6 balls unless an agreement to the contrary has been made.

24 A Bowler shall finish an Over in progress unless he be incapacitated or be suspended for unfair play. He shall be allowed to change ends as often as desired provided only that he shall not bowl two Overs consecutively in one innings. A Bowler may require the Batsman at the wicket from which he is bowling to stand on whatever side of it he may direct.

25 Dead Ball The ball shall be held to be Dead —on being in the opinion of the Umpire finally settled in the hands of the Wicket keeper or of the Bowler or on reaching or pitching over the boundary or whether played or not on lodging in the dress of either a Batsman or Umpire or on the call of Over or Time by the Umpire or on a Batsman being out from any cause or on any penalty being awarded under Laws 21 or 44. The Umpire shall call Dead Ball should he decide to intervene under Law 46 in a case of unfair play or in the event of a serious injury to a player or should he require to suspend play prior to the Striker receiving a delivery. The ball shall cease to be Dead on the Bowler starting his run or bowling action.

NOTE 1 Whether the ball is finally settled is a question of fact for the Umpire alone to decide.

2 An umpire is justified in suspending play prior to the striker receiving a delivery in any of the following circumstances.

(1) If satisfied that for an adequate reason the striker is not ready

to receive the ball and makes no attempt to play it

(ii) If the bowler drops the ball accidentally before delivery or if the ball does not leave his hand for any reason

(iii) If one or both balls fall from the striker's wicket before he receives the delivery

In such cases the ball is regarded as "Dead" from the time it last came into play

3 A ball does not become "Dead" when it strikes an umpire (unless it lodges in his dress) when the wicket is broken or struck down (unless a batsman is out thereby) or when an unsuccessful appeal is made

4 For the purpose of this and other Laws the term "dress" includes the equipment and clothing of players and Umpires as normally worn

**26 No Ball** For a delivery to be fair, the ball must be bowled not thrown. If either Umpire be not entirely satisfied of the absolute fairness of a delivery in this respect he shall call and signal "No Ball" instantly upon delivery. The Umpire at the bowler's wicket shall call and signal "No Ball" if in the delivery stride, no part of the bowler's front foot is grounded behind the popping crease, or if he is not satisfied that the bowler's back foot has landed within and not touching the return crease or its forward extension

**NOTES 1** The striker is entitled to know whether the bowler intends to bowl over or round the wicket, overarm or underarm right or left handed. An Umpire may regard any failure to notify a change in the mode of delivery as "unfair" if so he should call "No Ball"

2 It is a "No Ball" if the bowler before delivering a ball throws it at the striker's wicket even in an attempt to run him out (See Laws 46, Note 4 (vi))

3 If a bowler break the near wicket with any part of his person during the delivery, such act in itself does not constitute "No Ball"

4 The umpire signals "No Ball" by extending one arm horizontally

5 An umpire should revoke the call "No Ball" if the ball does not leave the bowler's hand for any reason

**27** The ball does not become "Dead" on the call of "No Ball". The Striker may hit a "No Ball" and whatever runs result shall be added to his score, but runs made otherwise from a "No Ball" shall be scored "No Balls," and if no runs be made one run shall be so scored. The striker shall be out from a "No Ball" if he break Law 37, and either Batsman may be run out, or given out if he break Laws 36 or 40

**NOTES 1** The penalty for a "No Ball" is only scored if no runs result otherwise

2 Law 46 Note 4 (vi) covers attempts to run before the ball is delivered, but should the non striker unfairly leave his ground too soon, the fielding side may run out the batsman at the bowler's end by any recognised method. If the bowler throws at the near wicket, the

does not call No Ball though any runs resulting are so scored. The throw does not count in the Over.

**28 Wide Ball** If the Bowler shall bowl the ball so high over or so wide of the wicket that in the opinion of the Umpire it passes out of reach of the Striker and would not have been within his reach when taking guard in the normal position the Umpire shall call and signal Wide Ball as soon as it shall have passed the Striker.

**NOTES 1** If a ball which the umpire considers to have been delivered comes to rest in front of the striker Wide should not be called and no runs should be added to the score unless they result from the striker hitting the ball which he has a right to do without interference by the fielding side. Should the fielding side interfere the umpire is justified in replacing the ball where it came to rest and ordering the fieldsmen to resume the places they occupied in the field before the ball was delivered.

**2** The umpire signals Wide by extending both arms horizontally.

**3** An umpire should revoke the call if the striker hits a ball which has been called Wide.

**29** The ball does not become Dead on the call of Wide Ball. All runs that are run from a Wide Ball shall be scored. Wide Balls or if no runs be made one run shall be so scored. The Striker may be out from a Wide Ball if he breaks Laws 38 or 42 and either Batsman may be run out or given out if he break Laws 36 or 40.

**30 Bye and Leg Bye** If the ball not having been called Wide or No Ball pass the Striker without touching his bat or person and any runs be obtained the Umpire shall call or signal Bye but if the ball touch any part of the Striker's dress or person except his hand holding the bat and any run be obtained the Umpire shall call or signal Leg Bye, such runs to be scored Byes and Leg Byes respectively.

**NOTES 1** The umpire shall regard the deliberate deflection of the ball by any part of the striker's person except the hand holding the bat as unfair and as soon as he is satisfied that the fielding side have no chance of dismissing either batsman as an immediate result of such action he shall without delay call dead ball. In deciding whether such deflection is deliberate the criterion shall be whether or not the batsman has attempted to play the ball with his bat.

**2** The umpire signals Bye by raising an open hand above the head and Leg Bye by touching a raised knee with the hand.

**31 The Wicket is Down** The wicket shall be held to be Down if either the ball or the Striker's bat or person completely removes either bail from the top of the stumps or if both bails be off strikes a stump out of the ground. Any player may

use his hand or arm to put the wicket down or, even should the bails be previously off, may pull up a stump, provided always that the ball is held in the hand or hands so used

**NOTES 1** A wicket is not "down" merely on account of the disturbance of a bail, but it is "down" if a bail in falling from the wicket lodges between two of the stumps

**2** If one bail is off it is sufficient for the purpose of this Law to dislodge the remaining one in any of the ways stated, or to strike any of the three stumps out of the ground

**3** If, owing to the strength of the wind the captains have agreed to dispense with the use of bails (see Law 8, Note 2), the decision as to when the wicket is "down" is one for the umpires to decide on the facts before them. In such circumstances the wicket would be held to be "down" even though a stump has not been struck out of the ground

**4** If the wicket is broken while the ball is in play, it is not the umpire's duty to remake the wicket until the ball has become "dead". A fieldman, however, may remake the wicket in such circumstances

**5** For the purpose of this and other laws the term "person" includes a player's dress as defined in Law 23, Note 4

**32. Out of His Ground** A Batsman shall be held to be "Out of his ground" unless some part of his bat in hand or of his person be grounded behind the line of the Popping Crease

**33. Batsman Retiring** A Batsman may retire at any time, but may not resume his innings without the consent of the opposing Captain, and then only on the fall of a wicket

**NOTE** When a batsman has retired owing to illness injury, or some other unavoidable cause, his innings is recorded as "Retired Not out", but otherwise as a completed innings to be recorded as "Retired Out"

**34. Bowled.** The Striker is out "Bowled"—If the wicket be bowled down, even if the ball first touch his bat or person

**NOTES 1.** The striker, after playing the ball is out "Bowled" if he then kicks or hits it on to his wicket before the completion of his stroke

**2** The striker is out "Bowled" under this Law when the ball is deflected on to his wicket off his person even though a decision against him might be justified under law 39 L.B.W

**35 Caught** The Striker is out "Caught"—If he ball, from a stroke of the bat or of the hand holding the bat, but not the wrist, be held by a Fieldsmán before it touch the ground, although it be hugged to the body of the catcher, or be accidentally lodged in his dress. The Fieldsmán must have both his feet entirely within the playing area at the instant the catch is completed.

**NOTES 1** Provided the ball does not touch the ground, the hand holding it may do so in effecting a catch.



does not call 'No Ball' though any runs resulting are so scored. The throw does not count in the 'Over'.

**28 Wide Ball** If the Bowler shall bowl the ball so high over or so wide of the wicket that in the opinion of the Umpire it passes out of reach of the Striker and would not have been within his reach when taking guard in the normal position the Umpire shall call and signal 'Wide Ball' as soon as it shall have passed the Striker.

**NOTES 1** If a ball which the umpire considers to have been delivered comes to rest in front of the striker 'Wide' should not be called and no runs should be added to the score unless they result from the striker hitting the ball which he has a right to do without interference by the fielding side. Should the fielding side interfere the umpire is justified in replacing the ball where it came to rest and ordering the fieldsmen to resume the places they occupied in the field before the ball was delivered.

**2** The umpire signals 'Wide' by extending both arms horizontally.

**3** An umpire should revoke the call if the striker hits a ball which has been called 'Wide'.

**29 The ball does not become 'Dead' on the call of 'Wide Ball'** All runs that are run from a 'Wide Ball' shall be scored 'Wide Balls' or if no runs be made one run shall be so scored. The Striker may be out from a 'Wide Ball' if he breaks Laws 38 or 42 and either Batsman may be run out, or given out if he break Laws 36 or 40.

**30 Bye and Leg Bye** If the ball not having been called 'Wide' or 'No Ball' pass the Striker without touching his bat or person and any runs be obtained the Umpire shall call or signal 'Bye' but if the ball touch any part of the Striker's dress or person except his hand holding the bat and any run be obtained the Umpire shall call or signal 'Leg Bye', such runs to be scored 'Byes' and 'Leg Byes' respectively.

**NOTES 1** The umpire shall regard the deliberate deflection of the ball by any part of the striker's person except the hand holding the bat as unfair and as soon as he is satisfied that the fielding side have no chance of dismissing either batsman as an immediate result of such action he shall without delay call 'dead ball'. In deciding whether such deflection is deliberate the criterion shall be whether or not the batsman has attempted to play the ball with his bat.

**2** The umpire signals 'Bye' by raising an open hand above the head and 'Leg Bye' by touching a raised knee with the hand.

**31 The Wicket is Down** The wicket shall be held to be 'Down' if either the ball or the Striker's bat or person completely removes either bail from the top of the stumps or if both bails be off strikes a stump out of the ground. Any player may

use his hand or arm to put the wicket down or even should the bails be previously off, may pull up a stump provided always that the ball is held in the hand or hands so used

**NOTES 1** A wicket is not down merely on account of the disturbance of a bail but it is down if a bail in falling from the wicket lodges between two of the stumps

**2** If one bail is off it is sufficient for the purpose of this Law to dislodge the remaining one in any of the ways stated or to strike any of the three stumps out of the ground

**3** If owing to the strength of the wind the captains have agreed to dispense with the use of bails (see Law 8 Note 2) the decision as to when the wicket is down is one for the umpires to decide on the facts before them In such circumstances the wicket would be held to be down even though a stump has not been struck out of the ground

**4** If the wicket is broken while the ball is in play it is not the umpire's duty to remake the wicket until the ball has become dead A fieldsmen however may remake the wicket in such circumstances

**5** For the purpose of this and other laws the term person includes a player's dress as defined in Law 25 Note 4

**32 Out of His Ground** A Batsman shall be held to be 'Out of his ground' unless some part of his bat in hand or of his person be grounded behind the line of the Popping Crease

**33 Batsman Retiring** A Batsman may retire at any time but may not resume his innings without the consent of the opposing Captain and then only on the fall of a wicket

**NOTE** When a batsman has retired owing to illness injury or some other unavoidable cause his innings is recorded as Retired Not out but otherwise as a completed innings to be recorded as Retired Out

**34 Bowled** The Striker is out 'Bowled'—If the wicket be bowled down even if the ball first touch his bat or person

**NOTES 1** The striker after playing the ball is out Bowled if he then kicks or hits it on to his wicket before the completion of his stroke

**2** The striker is out Bowled under this Law when the ball is deflected on to his wicket off his person even though a decision against him might be justified under law 39 LBW

**35 Caught** The Striker is out Caught—If the ball from a stroke of the bat or of the hand holding the bat but not the wrist be held by a Fieldsmen before it touch the ground although it be hugged to the body of the catcher, or be accidentally lodged in his dress The Fieldsmen must have both his feet entirely within the playing area at the instant the catch is completed

**NOTES 1** Provided the ball does not touch the ground the hand holding it may do so in effecting a catch

2 The umpire is justfied in disregarding the fact that the ball has touched the ground or has been carried over the boundary provided that a catch has in fact been completed prior to such occurrence

3 The fact that a ball has touched the striker's person before or after touching his bat does not invalidate a catch

4 The striker may be Caught even if the fieldsmen has not touched the ball with his hands including the case of a ball lodging in the wicket-keeper's pads

5 A fieldsmen standing within the playing area may lean against a boundary to catch a ball and this may be done even if the ball has passed over the boundary

6 If the striker lawfully plays the ball a second time he may be out under this Law but only if the ball has not touched the ground since being first struck

7 The striker may be caught off any obstruction within the playing area provided it has not previously been decided on as a boundary

36 **Handled the Ball** Either Batsman is out 'Handled the Ball'—If he touches it while in play with his hands, unless it be done at the request of the opposite side

NOTES 1 A hand holding the bat is regarded as part of it for the purposes of Laws 36, 37 and 39

2 The correct entry in the score book when a batsman is given out under this Law is 'Handled the Ball' and the bowler does not get credit for the wicket

37 **Hit the Ball Twice** The Striker is out 'Hit the ball twice'—If the ball be struck or be stopped by any part of his person and he wilfully strikes it again except for the sole purpose of guarding his wicket, which he may do with his bat or any part of his person, other than his hands. No runs except those which result from an overthrow shall be scored from a ball lawfully struck twice

NOTES 1 It is for the umpire to decide whether the ball has been so struck a second time legitimately or not. The umpire may regard the fact that a run is attempted as evidence of the batsman's intention to take advantage of the second stroke but it is not conclusive

2 A batsman may not attempt to hit the ball twice if in so doing he hampers the wicket-keeper or any fieldsmen attempting to make a catch

3 This Law is infringed if the striker after playing the ball and without any request from the opposite side uses his bat to return the ball to a fieldsmen

4 The correct entry in the score book when the striker is given out under this Law is 'Hit the ball twice', and the bowler does not get credit for the wicket

38 **Hit Wicket** The Striker is out 'Hit wicket'—If in playing at the ball he hits down his wicket with his bat or any of his person

NOTES I The striker is "Out" under this law if

(i) In making a second stroke to keep the ball out of his wicket he hits it down

(ii) While playing at the ball, but not otherwise his wicket is broken by his cap or hat falling or by part of his bat

2. A batsman is not out for breaking the wicket with his bat or person while in the act of running

39 L B W The Striker is out "Leg before wicket"—If with any part of his person except his hand, which is in a straight line between wicket and wicket, even though the point of impact be above the level of the balls, he intercept a ball which has not first touched his bat or hand, and which, in the opinion of the Umpire, shall have, or would have, pitched on a straight line from the Bowler's wicket to the Striker's wicket, or shall have pitched on the off-side of the Striker's wicket, provided always that the ball would have hit the wicket

NOTES I The word 'hand' used in this Law should be interpreted as the hand holding the bat

2 A batsman is only "Out" under this Law if all the four following questions are answered in the affirmative

(i) Would the ball have hit the wicket?

(ii) Did the ball pitch on a straight line between wicket and wicket (and this case includes a ball intercepted full pitch by the striker), or did it pitch on the offside of the striker's wicket?

(iii) Was it part of the striker's person other than the hand which first intercepted the ball?

(iv) Was that part of the striker's person in a straight line between wicket and wicket at the moment of impact, irrespective of the height of the point of impact?

40 Obstructing the Field Either Batsman is out "Obstructing the field"—If he wilfully obstruct the opposite side, should such wilful obstruction by either Batsman prevent a ball from being caught it is the Striker who is out

NOTES I The umpire must decide whether the obstruction was 'wilful' or not. The involuntary interception by a batsman while running of a throw in is not in itself an offence

2 The correct entry in the score book when a batsman is given out under this Law is "Obstructing the field", and the bowler does not get credit for the wicket

41. Run Out Either Batsman is out "Run out"—If in running or at any time, while the ball is in play, he be out of his ground, and his wicket be put down by the opposite side. If the batsmen have crossed each other, he that runs for the wicket which is put down is out, if they have not crossed, he that has

left the wicket which is put down is out. But unless he attempt to run, the Striker shall not be given 'Run out' in the circumstances stated in Law 42, even should "No Ball" have been called.

**NOTE** If the ball is played on to the opposite wicket neither batsman is liable to be 'Run out' unless the ball has been touched by a fieldman before the wicket is put down.

**42 Stumped** A Striker is out "Stumped" — If in receiving a ball, not being a 'No Ball', delivered by the Bowler, he be out of his ground otherwise than in attempting a run, and the wicket be put down by the Wicket-keeper without the intervention of another fieldman. Only when the ball has touched the bat or person of the Striker may the Wicket-keeper take it in front of the wicket for this purpose.

**NOTE** The striker may be 'Stumped' if the wicket is broken by a ball rebounding from the wicket-keeper's person.

**43 The Wicket-keeper** The Wicket-keeper shall remain wholly behind the wicket until a ball delivered by the Bowler touches the bat or person of the Striker or passes the wicket, or until the Striker attempts a run. Should the Wicket-keeper contravene this Law, the Striker shall not be out except under Laws 36, 37, 40, and 41 and then only subject to Law 46.

**NOTE 1** This Law is provided to secure to the striker his right to play the ball and to guard his wicket without interference from the wicket-keeper. The striker may not be penalised if in the legitimate defence of his wicket he interferes with the wicket-keeper, except as provided for in Law 37. **NOTE 2**

**2** If, in the opinion of the umpire, the encroachment by the wicket-keeper has not gained any advantage for the fielding side nor in any way has interfered with the right of the striker to play the ball with complete freedom, nor has had any effect whatsoever on the dismissal of the striker, he shall disregard the infringement.

infringement by the fielding side the square leg Umpire shall call 'No Ball'

The Umpire may elect to stand on the off side provided he informs the Captain of the fielding side and the Striker of his intention to do so

### (E)—DUTIES OF THE UMPIRES

45 Before the toss for innings, the Umpires shall acquaint themselves with any "Special Regulations" and shall agree with both Captains on any other conditions affecting the conduct of the match, shall satisfy themselves that the wickets are properly pitched, and shall agree, between themselves on the watch or clock to be followed during play

NOTES 1 Apart from 'Special Regulations' other conditions of play within the framework of the Laws are frequently necessary e.g. hours of play Intervals etc

2 The captains are entitled to know which clock or watch will be followed during play

46 Before and during a match the Umpires shall ensure that the conduct of the game and the implements used are strictly in accordance with the Laws they are the sole judges of fair and unfair play, and the final judges of the fitness of the ground the weather and the light for play in the event of the decision being left to them, all disputes shall be determined by them, and if they disagree the actual state of things shall continue The Umpires shall change ends after each side has had one innings

NOTES 1 An umpire should stand where he can best see any act upon which his decision may be required Subject to this over riding consideration the umpire at the bowler's end should stand where he does not interfere with either the bowler's run up or the striker's view The other umpire may elect to stand on the off instead of the leg side of the pitch, provided he informs the captain of the fielding side and the striker of his intention to do so

2 The umpires must not allow the attitude of the players or spectators to influence their decisions under the Laws

3 A code of signals for umpires is laid down in Notes to the relevant Laws but an umpire must call as well as signal, if necessary, to inform the players and scorers

4 Fair and Unfair Play (i) The umpires are entitled to intervene without appeal in the case of unfair play, but should not otherwise interfere with the progress of the game, except as required to do so by the Laws

(ii) In the event of a player failing to comply with the instructions of an umpire or criticising his decisions, the umpires should in the first place request the captains to take action and if this proves ineffective,

report the incident forthwith to the executives of the teams taking part in the match

(i) It is illegal for a player to lift the seam of the ball in order to obtain a better hold. In such a case the umpire will, if necessary, change the ball for one which has had similar wear and will warn the captain that the practice is unfair. The use of resin wax, etc. by bowlers is also unfair, but a bowler may dry the ball when wet on a towel or with sawdust.

(iv) An umpire is justified in intervening under this Law should any player of the fielding side incommode the striker by any noise or motion while he is receiving a ball.

(v) It is the duty of umpires to intervene and prevent players from causing damage to the pitch which may assist the bowlers.

(vi) The persistent bowling of fast short pitched balls at the batsman is unfair if, in the opinion of the umpire at the bowler's end, it constitutes a systematic attempt at intimidation. In such event he must adopt the following procedure:

- (a) When he decides that such bowling is becoming persistent he forthwith cautions the bowler.
- (b) If this caution is ineffective he informs the captain of the fielding side and the other umpire of what has occurred.
- (c) Should the above prove ineffective the umpire at the bowler's end must:
  - (i) At the first repetition call 'Dead Ball' when the over is regarded as completed.
  - (ii) Direct the captain of the fielding side to take the bowler off forthwith. The captain shall take the bowler off as directed.
  - (iii) Report the occurrence to the captain of the batting side as soon as an interval of play takes place.

A bowler who has been taken off as above may not bowl again during the same innings.

(vii) Any attempt by the batsmen to steal a run during the bowler's run up is unfair. Unless the bowler throws the ball at either wicket (see Laws 26 Note 3 and 27 Note 2) the umpire should call 'Dead Ball' as soon as the batsmen cross in any such attempt to run, after which they return to their original wickets.

(viii) No player shall leave the field for the purpose of having a tub down or shower while play is actually in progress.

5. **Ground, Weather and Light.** (i) Unless agreement to the contrary is made before the start of a match, the captains (during actual play) the batsmen at the wickets may deputise for the captain may elect to decide in regard to the fitness of the ground, weather or light for play, otherwise or in the event of disagreement the umpires are required to decide.

(ii) Play should only be suspended when the conditions are so bad that it is unreasonable or dangerous for it to continue. The ground is unfit for play when water stands on the surface or when it is so wet or slippery as to deprive the batsmen or bowlers of a reasonable foothold.

or the fieldsmen of the power of free movement. Play should *not* be suspended merely because the grass is wet and the ball slippery.

(iii) After any suspension of play the captains or, if the decision has been left to them the umpires unaccompanied by any of the players, will without further instructions carry out an inspection immediately the conditions improve and will continue to inspect at intervals. Immediately the responsible parties decide that play is possible they must call upon the players to resume the game.

**47 Appeals** The Umpires shall not order a Batsman out unless appealed to by the other side, which shall be done prior to the delivery of the next ball, and before "Time" is called under Law 18. The Umpire at the Bowler's wicket shall answer appeals before the other Umpire in all cases, except those arising out of Law 38 or 42 and out of Law 41 for run out at the Striker's wicket. In any case in which an Umpire is unable to give a decision, he shall appeal to the other Umpire, whose decision shall be final.

**NOTES 1** An appeal, 'How's that?' covers all ways of being out (within the jurisdiction of the umpire appealed to) unless a specific way of getting out is stated by the person asking. When either umpire has given a batsman 'Not out' the other umpire may answer any appeal within his jurisdiction, provided it is made in time.

**2** The umpire signals Out by raising the index finger above the head. If the batsman is not out the umpire calls 'Not out'.

**3** An umpire may alter his decision provided that such alteration is made promptly.

**4** Nothing in this Law prevents an umpire before giving a decision from consulting the other umpire on a point of fact which the latter may have been in a better position to observe. An umpire should not appeal to the other umpire in cases on which he could give a decision merely because he is unwilling to give that decision. If after consultation he is still in any doubt, the principle laid down in Law 46 applies and the decision will be in favour of the batsman.

**5** The umpires should intervene if satisfied that a batsman not having been given out has left his wicket under a misapprehension.

**6** Under Law 25 the ball is "Dead" on "Over" being called: this does not invalidate an appeal made prior to the first ball of the follow: "Over", provided the balls have not been removed by both after 'Time' has been called.

## NOTES FOR SCORERS AND UMPIRES

**1** (a) Law 4 explains the status of the scorers in relation to umpires.

(b) During the progress of the game if two scorers have appointed they should frequently check the total to ensure that the score sheets agree.



(2) The following method of entering No Balls and Wides (Laws 27 and 29) in the score sheet is recommended

- (i) If no run is scored from the bat off a No Ball, the latter should be entered as an Extra and a dot placed in the bowling analysis with a circle round it to show that the ball does not count in the over.
- (ii) If runs are scored from the bat off a No Ball, they should be entered to the striker and entered in the bowling analysis with a circle round the figure. Such runs count against the bowler in his analysis even though the ball does not count in the over.
- (iii) All runs scored from Wide Balls are entered as Extras, and inserted in the bowler's analysis with a cross to indicate that the ball does not count in the over.

2 The following code of signalling between the umpires and the scorers has been approved

Boundaries—by waving the hand from side to side

A boundary six—by raising both arms above the head

Byes—by raising the open hand above the head

Leg Byes—by touching a raised knee with the hand

Wides—by extending both arms horizontally

No Balls—by extending one arm horizontally

The decision Out—by raising the index finger above the head

One Short—by bending the arm upwards and by touching the top of the nearest shoulder with the tips of the fingers of one hand

3 If the above instructions are properly carried out, errors of decision agreement as regards the scores and the results of matches should not occur.

It is however important that the captains should satisfy themselves of the correctness of the scores on the conclusion of play as errors cannot subsequently be corrected.

It should be noted that in general by accepting the result notified by the scorers the captain of the losing side has thereby acquiesced in the playing out or giving up of the match as stated in Law 32.

## REGULATIONS FOR DRYING THE PITCH AND GROUND IN FIRST CLASS MATCHES

*NOTE: These regulations are primarily designed for First Class Cricket and their application in whole or in part in other grades of Cricket is at the discretion of the ground etc. authorities.*

1 Except as provided below the existing regulations in regard to the rolling of the pitch and the fitness of the ground for play shall apply (See Laws 10, 12 and 46).

2 (i) To enable play to proceed with the least possible delay after rain, the groundsmen shall adopt every practical means to protect or rid the surface of the ground other than the pitch of water or dampness at any time except while play is in progress.

(ii) Prior to tossing for choice of innings the artificial drying of the pitch and outfield shall be at the discretion of the groundsmen. There

after and throughout the match the drying of the outfield may be undertaken at any time by the Groundsman, but the drying of the pitch shall be carried out only on the instructions and under the supervision of the Umpires. The Umpires shall be empowered to have the pitch dried without a reference to the Captains at any time they are of the opinion that it is unfit for play.

(iii) In wet weather, the Umpires shall see that the footholes made by the bowlers and batsmen are cleaned, dried and filled up with sawdust at any time during the match, although the game is not actually in progress.

The Groundsman, without instructions from the Umpires, may also clean out in this way footholes provided they are not on any part of the pitch more than 3ft 6ins in front of the Popping creases.

The drying of the footholes on the pitch itself may be undertaken, as directed by the Umpires, at any time. The Umpires may also direct the Groundsman to protect against further rain, marks made by the bowlers, even though they be more than 3ft 6ins in front of the popping creases, provided they are not between wicket and wicket with loose sawdust, which, however, shall be removed prior to the resumption of play.

(iv) The Umpires shall ascertain from the Groundsman before the commencement of a match, what equipment is available for drying the pitch artificially.

Any roller may be used, if the Umpires think desirable but only (except as laid down in paragraph 12(iv)) for the purpose of drying the pitch and making it fit for play, and not otherwise. This would allow Umpires to roll the pitch after drying it, say with a light roller, for a minute or two, should they consider it desirable.

(v) When the artificial drying of the pitch, under the supervision of the Umpires, coincides with any interval during the match, after the toss for choice of innings, the Umpires and not the Captain of the batting side shall select the roller to be used.

(vi) The fact that the Umpires may have dried the pitch artificially does not take the decision as regards the fitness of the pitch and ground for play out of the hands of the Captains even though the Umpires may have selected the roller to be used for the drying process. Law 46, Note 5 (i) is applicable in such cases.

## Experimental Laws and Conditions 1973

*It is recommended by the N.C.A. that the following Laws and Conditions shall apply in all grades of cricket within its jurisdiction during 1973.*

### 1. Law 17, Note 3—Luncheon Interval

The following Experimental Note 3 to Law 17 shall apply:

The luncheon interval shall be limited to the number of minutes in the previously agreed period if an innings 10 minutes of the scheduled commencement

**2 Law 26—No Ball (front foot)**

The following Experimental Amendment to the Law shall apply

The Umpire at the bowler's wicket shall call and signal No Ball if in the delivery stride no part of the bowler's front foot is behind the popping crease whether grounded or raised or if he is not satisfied

The following Experimental Note shall apply to the Law

Umpires must be satisfied beyond all doubt that the ball is bowled. If they are so satisfied no other question arises. The following definition of a throw is set out as a guide to Umpires

A ball shall be deemed to have been thrown if in the opinion of either Umpire the process of straightening the bowling arm whether it be partial or complete takes place during that part of the delivery swing which directly precedes the ball leaving the hand. This definition shall not debar a bowler from the use of the wrist in the delivery swing

**3 Law 30 Note 1—Leg Byes**

The following Experimental Note 1 to Law 30 shall apply

Leg byes shall be scored only if in the opinion of the Umpire that striker

(a) has attempted to play the ball with his bat or

(b) has tried to avoid being hit by the ball

In the case of deflection by the striker's person other than in (a) or (b) above the Umpire shall call Dead ball as soon as one run has been completed or the ball has reached the boundary and such runs shall be disallowed. The batsmen will return to their original ends

**4 Law 38—Hit Wicket**

The following Experimental Law will continue to apply

The striker is out Hit wicket if he hits down his wicket with his bat or any part of his person in the following circumstances

(i) At any time when playing at the ball

(ii) In setting off for his first run immediately after playing at the ball

**NOTE 1** When playing at the ball shall include a second strike by the batsman to keep the ball out of his wicket

**2** Any part of the batsman's dress will be considered part of his person

3 A batsman is 'Not out' if he breaks his wicket in avoiding being run out or stumped

#### 5 Law 39—L B W

The recent Experiment is amended by reverting to the official Law 39, plus the following additional Experimental Note

"Should the Umpire be of the opinion that the striker has made no genuine attempt to play the ball with his bat, he shall, on appeal, give the striker out L B W if he is satisfied the ball would have hit the stumps, even though the ball pitched outside the off stump and even though any interception was also outside the off stump"

#### 6 Law 46, Note 4 (iii)—Interference with the Ball

The following Experimental Note 4 (iii) to Law 46 shall apply

- (a) No one other than the bowler may polish the ball
- (b) Law 46, Note 4 (iii) is experimentally amended by the word 'oils' being inserted after the words 'resin, wax'
- (c) No one (including the bowler) shall rub the ball on the pitch or ground, or take any other action save as permitted in section (a) of this rule, to alter the condition of the ball

#### 7. Law 46, Note 4 (v)—Damaging the Pitch

The attention of Umpires is particularly drawn to Note 4 (v) to Law 46, and, purely as a guide, it is suggested that the 'danger area' is an area contained by an imaginary line 4 ft from the popping crease and parallel to it, and within two imaginary and parallel lines drawn down the pitch from points 1 ft on either side of the middle stump and 4 ft from the popping crease

In the event of a bowler contravening Law 46, Note 4 (v), the Umpire will

- (a) In the first instance caution the bowler. (It is also recommended that Umpires should notify their colleagues when they issue the first warning to a bowler)
- (b) If this caution is ineffective, inform the Captain of the fielding side, and the other Umpire of what has occurred
- (c) Should the above prove ineffective, the Umpire at the bowler's end must "

- (i) At the first repetition and when the ball is 'dead' call Over. The over shall then be regarded as having been completed.
- (ii) Direct the Captain of the fielding side to take the bowler off forthwith. The Captain shall take the bowler off as directed.
- (iii) Report the occurrence to the Captain of the batting side as soon as an interval of play takes place.

A bowler who has been taken off as above may not bowl again in the same innings.

#### 8 Law 46, Note 4—Fair and Unfair Play

Umpires are reminded that any waste of time constitutes unfair play. In the event of the bowler taking unnecessarily long to bowl an over, the Umpire at the bowler's end, after consultation with the other Umpire, shall take the following immediate action:

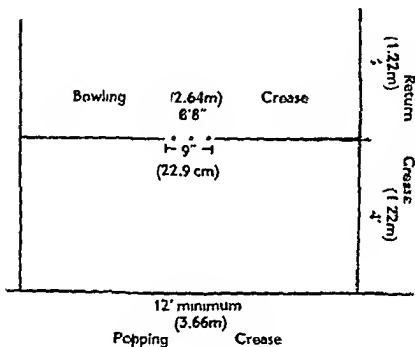
- (i) Caution the bowler and inform the Captain of the fielding side that he has done so.
- (ii) Should this caution prove ineffective:
  - (a) Direct the Captain of the fielding side to take the bowler off at the end of the over in progress. The Captain shall take the bowler off as directed.
  - (b) Report the occurrence to the Captain of the batting side as soon as an interval of play takes place.

A bowler who has been 'taken off' as above may not bowl again during the same innings.

#### 9 The Length of a Bowler's Run up

It was agreed by the International Cricket Conference that all Boards should take the necessary action to educate the younger generation in limiting the run up to not more than about 20 yards.

# DIAGRAM SHOWING MEASUREMENTS AND MARKING OF CREASES

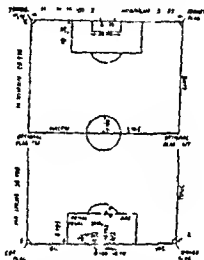


## FOOTBALL

**LAY 1**

## THE FIELD OF PLAY

The field of play and appurtenances shall be as shown in the following plan



(1) **Dimensions** The field of play shall be rectangular its length being not more than 130 yards nor less than 100 yards and its breadth not more than 100 yards nor less than 40 yards (In International Matches the length shall be not more than 120 yards nor less than 110 yards and the breadth not more than 80 yards nor less than 70 yards) The length shall in all cases exceed the breadth

(2) **Marking.** The field of play shall be marked with distinctive lines not more than 5 inches in width not by a V shaped rut in accordance with the plan the longer boundary lines being called the touch lines and the shorter the goal lines. A flag on a post not less than 5 feet high and having a non pointed

top shall be placed at each corner a similar flag post may be placed opposite the halfway line on each side of the field of play, not less than 1 yard outside the touch line. A halfway line shall be marked out across the field of play. The centre of the field of play shall be indicated by a suitable mark and a circle with a 10 yards radius shall be marked round it.

(3) **The Goal Area** At each end of the field of play two lines shall be drawn at right angles to the goal line 6 yards from each goal post. These shall extend into the field of play for a distance of 6 yards and shall be joined by a line drawn parallel with the goal line. Each of the spaces enclosed by these lines and the goal line shall be called a goal-area.

(4) **The Penalty Area** At each end of the field of play two lines shall be drawn at right angles to the goal line 18 yards from each goal post. These shall extend into the field of play for a distance of 18 yards and shall be joined by a line drawn parallel with the goal line. Each of the spaces enclosed by these lines and the goal line shall be called a penalty area. A suitable mark shall be made within each penalty area 12 yards from the mid point of the goal line measured along an undrawn line at right angles thereto. These shall be the penalty kick marks. From each penalty kick mark an arc of a circle having a radius of 10 yards shall be drawn outside the penalty area.

(5) **The Corner Area** From each corner flag post a quarter circle having a radius of 1 yard shall be drawn inside the field of play.

(6) **The Goals** The goals shall be placed on the centre of each goal line and shall consist of two upright posts equidistant from the corner flags and 8 yards apart (inside measurement) joined by a horizontal cross bar the lower edge of which shall be 8 ft. from the ground. The width and depth of the goal posts and the width and depth of the cross bars shall not exceed 5 inches (12 cm). The goal posts and the cross bars shall have the same width.

Nets may be attached to the posts cross bars and ground behind the goals. They should be appropriately supported and be so placed as to allow the goalkeeper ample room.

#### INTERNATIONAL BOARD DECISIONS

1. In International matches the dimensions of the field of play shall be maximum 110 metres 75 metres minimum 100 metres  $\times$  64 metres.



2 National Associations must adhere strictly to these dimensions. Each National Association organising a International Match must advise the Visiting Association, before the match of the place and the dimensions of the field of play.

3 The Board has approved this table of measurements for the Laws of the Game

	<i>Metres</i>		<i>Metres</i>
130 yards	120	10 yards	9 15
120 yards	110	8 yards	7 32
110 yards	100	6 yards	5 50
100 yards	90	1 yard	1
80 yards	75	8 feet	2 44
70 yards	64	5 feet	1 50
50 yards	45	28 inches	0 71
18 yards	16 50	27 inches	0 68
12 yards	11	5 inches	0 12

4 The goal line shall be marked the same width as the depth of the goal posts and the cross bar so that the goal line and the goal posts will conform to the same interior and exterior edges.

5 The 6 yards (for the outline of the goal area) and the 18 yards (for the outline of the penalty area) which have to be measured along the goal line, must start from the inner sides of the goal posts.

6 The space within the inside areas of the field of play includes the width of the lines marking these areas.

7 All Associations shall provide standard equipment, particularly in International Matches, when the Laws of the Game must be complied with in every respect and especially with regard to the size of the ball and other equipment which must conform to the regulations. All cases of failure to provide standard equipment must be reported to F I T A.

8 In a match played under the rules of a competition if the cross bar becomes displaced or broken play shall be stopped and the match abandoned unless the cross bar has been repaired and replaced in position or a new one provided without such being a danger to the players. A rope is not considered to be a satisfactory substitute for a cross bar.

In a friendly match, by mutual consent, play may be resumed without the cross-bar provided it has been removed and no

longer constitutes a danger to the players. In these circumstances a rope may be used as a substitute for a cross bar. If a rope is not used and the ball crosses the goal line at a point which in the opinion of the Referee is below where the cross bar should have been he shall award a goal.

The game shall be restarted by the Referee dropping the ball at the place where it was when play was stopped.

9 National Associations may specify such maximum and minimum dimensions for the cross bars and goal posts within the limits laid down in Law 1 as they consider appropriate.

10 Goal posts and cross bars must be made of wood metal or other approved material as decided from time to time by the International F.A. Board. They may be square rectangular round half round or elliptical in shape. Goal posts and cross bars made of other materials and in other shapes are not permitted.

11 Curtain raisers to International matches should only be played following agreement on the day of the match and taking into account the condition of the field of play between representatives of the two Associations and the referee (of the International match).

12 National Associations particularly in International Matches should restrict the number of photographers and have a line marked at least 2 metres and not more than 10 metres from the goal lines and a similar distance from the angle formed by the goal line with the touch lines they should prohibit photographers from passing over these lines and finally forbid the use of artificial lighting in the form of flashlights.

**Advice to Referees.** Visit the ground in good time before a match to see that everything is in order. If through bad weather or negligence the state of the ground is such that it may endanger the players refuse to sanction play. If the lines are not properly marked see that if time allows it is done before the match.

Be insistent that flag posts are not less than 5 ft high shorter ones are dangerous.

Never allow tape or any other substance not of a rigid nature to be used instead of a cross-bar.

Goal posts should be painted white.

Examine the goal nets before every match, seeing that they are properly pegged down and that there are no holes in them

**Advice to Secretaries** To enable the players to take corner kicks properly and to avoid danger from collision it is desirable that sufficient space be allowed between the touch lines and any fencing round the playing pitch

The most general size is 115 yards by 75 yards, but the Rules of Competitions in which clubs take part should be studied

The home club is responsible for the proper marking of the ground. When necessary, and if practicable, the goal-lines and the penalty-area lines should be remarked during the half-time interval

Light-coloured flags should be used

Measurements of the goal area and of the penalty-area along the goal line begin from the inside of each goal-post

Goal-posts should be painted white

The following criteria should be observed in the marking of fields of play

(a) the materials should not be dangerous (i.e. not unslaked lime or creosote),

(b) they must not protrude above the surface,

(c) they should not be placed in ruts or hollows,

(d) they should be easily visible according to the nature of the surface of the ground,

(e) they should have a high degree of stability.

**Advice to Players** Learn the laws thoroughly. Only in this way will you be able to become really good at and get the maximum enjoyment from the game. If all players had a full understanding of the Laws, including the Referees' powers, there would be fewer disputes, which so often lead to the cautioning of players

Goalkeepers, in an effort to save a shot or to get hold of the ball, sometimes intentionally seize the bar and pull it down. Such action ranks as misconduct

## LAW 2 THE BALL

The ball shall be spherical, the outer casing shall be of leather or other approved materials. No material shall be used in its construction which might prove dangerous to the players.

The circumference of the ball shall not be more than 28 inches and not less than 27 inches. The weight of the ball at the start of the game shall not be more than 16 oz. nor less than 14 oz. The pressure shall be equal to *one atmosphere, which equals 15 lb./sq. in. (=1 kg./cm<sup>2</sup>)* at sea level. The ball shall not be changed during the game unless authorised by the Referee.

### INTERNATIONAL BOARD DECISIONS

1. The ball used in any match shall be considered the property of the Association or Club on whose ground the match is played, and at the close of play it must be returned to the referee.

2. The International Board, from time to time, shall decide what constitutes approved materials. Any approved material shall be certified as such by the International Board.

3. The Board has approved these equivalents of the weights specified in the Law :

14 to 16 ounces=396 to 453 grammes.

4. If the ball bursts or becomes deflated during the course of a match, the game shall be stopped and restarted by dropping the new ball at the place where the first ball became defective.

5. If this happens during a stoppage of the game (place-kick, goal-kick, corner-kick, free-kick, penalty-kick or throw-in) the game shall be restarted accordingly.

Advice to Secretaries. The Home club should supply the ball. See that it is fully inflated. Have reserve balls close at hand.

### LAW 3

#### NUMBER OF PLAYERS

(1) A match shall be played by two teams, each consisting of not more than eleven players, one of whom shall be the goalkeeper.

(2) *Substitutes may be used in any match played under the rules of a competition, subject to the following conditions :*

(a) *that the authority of the International Association(s) or National Association(s) concerned, has been obtained;*

(b) that subject to the restriction contained in the following paragraph (c) the rules of a competition shall state how many, if any substitutes may be used and

(c) that a team shall not be permitted to use more than two substitutes in any match

(3) Substitutes may be used in any other match, provided that the two teams concerned reach agreement on a maximum number not exceeding five and that the terms of such agreement are intimated to the referee before the match. If the referee is not informed or if the teams fail to reach agreement, no more than 2 substitutes shall be permitted.

(4) Any of the other players may change places with the goalkeeper provided that the referee is informed before the change is made and provided also that the change is made during a stoppage in the game.

(5) When a goalkeeper or any other player is to be replaced by a substitute the following conditions shall be observed:

(a) the referee shall be informed of the proposed substitution before it is made

(b) the substitute shall await a signal from the referee before entering the field of play

(c) he shall enter the field during a stoppage in the game, and at the half-way line and

(d) play shall not be re-started until the player who has been replaced has left the field.

**Punishment**—Any player who infringes this Law shall be cautioned.

## INTERNATIONAL BOARD DECISIONS

1. The minimum number of players in a team is left to the discretion of National Associations.

2. The Board is of the opinion that a match should not be considered valid if there are fewer than seven players in either of the teams.

3. A competition may require that the Referee shall be informed, before the start of a match, of the names of not more than five players from whom the substitutes (if any) must be chosen.

4. A player who has been ordered off before play begins may only be replaced by one of the named substitutes. The

kick-off must not be delayed to allow the substitute to join his team

A player who has been ordered off after play has started may not be replaced. A named substitute who has been ordered off, either before, or after play has started, may not be replaced. (This decision only relates to players who are ordered off under Law 12. It does not apply to players who have infringed Law 4.)

5 A player who has been replaced shall not take any further part in the game.

6 *The Referee must be informed if a player is to be substituted. A substitute may only be permitted to enter the field of play during a stoppage in the game and after he has received a signal from the Referee authorising him to do so. This sign shall not be given until the player to be substituted has left the field. A substitute shall enter the field of play at the half way line.*

7 *A substitute shall be deemed to be a player and shall be subject to the authority and jurisdiction of the Referee whether called upon to play or not. For any offence committed on the field of play a substitute shall be subject to the same punishment as any other player whether called upon or not.*

**Advice to Referees** Note which players are acting as goalkeepers at the start of the game until informed of a change, allow no other player to take up or claim the privileges attached to the position.

Do not referee a six a side or other irregular competition where gate money is taken unless the consent of the appropriate County Association has been obtained.

**Advice to Secretaries** The Football Association holds every club responsible for the behaviour of its players.

Provide a private way for players and officials from dressing rooms to the ground wherever possible.

Secretaries are responsible for ascertaining that all competitions in which their clubs compete are properly sanctioned.

**Advice to Players** Remember that if the goalkeeper is changed during the game the Referee must be notified before such change is made.

## LAW 4

### PLAYERS' EQUIPMENT

A player shall not wear anything which is dangerous

another player. Boots must conform to the following standard:

(a) Bars shall be made of leather or rubber and shall be transverse and flat, not less than half an inch in width and shall extend the total width of the boot and be rounded at the corners.

(b) Studs shall be made of leather, rubber, aluminium, plastic or similar material and shall be solid. With the exception of that part of the stud forming the base, which shall not protrude from the sole, more than one quarter of an inch, studs shall be round in plan and not less than half an inch in diameter. Where studs are tapered, the minimum diameter of any section of the stud must not be less than half an inch. Where metal seating for the screw type is used, this seating must be embedded in the sole of the boot and any attachment screw shall be part of the stud. Other than the metal seating for the screw type of stud no metal plates even though covered with leather or rubber shall be worn, neither studs which are threaded to allow them to be screwed on to a base screw that is fixed by nails or otherwise to the soles of boots nor studs which, apart from the base, have any form of protruding edge rim, or relief marking or ornament, should be allowed.

(c) Combined bars and studs may be worn, provided the whole conforms to the general requirements of this law. Neither bars nor studs on the soles or heels shall project more than three-quarters of an inch. If nails are used they shall be driven in flush with the surface.

(N.B. The usual equipment of a player consists of a jersey or shirt, shorts, stockings and boots. A goalkeeper shall wear colours which distinguish him from the other players.)

**Punishment.** For any infringement of this Law, the player at fault shall be sent off the field of play to adjust his equipment and he shall not return without first reporting to the Referee, who shall satisfy himself that the player's equipment is in order; the player shall only re-enter the game at a moment when the ball has ceased to be in play.

### INTERNATIONAL BOARD DECISIONS

1. In International Matches the jerseys of the goalkeepers shall be distinct from the colours of the other players taking part in the game.

2. The Law does not insist that football boots must be worn, but the Board is of opinion that, in competition matches,

Referees should not allow one or a few players to play without wearing football boots, when all the other players do wear them

3 In International Matches, International Competitions, International Club Competitions and friendly matches, between clubs of different National Associations the Referee, prior to the start of the game, shall inspect the players' boots and prevent any player whose boots do not conform to the requirements of Law 4 from playing until they comply with the Law

Leagues and Competitions may include a similar provision in their rules

4 If the Referee finds that a player is wearing articles not permitted by the Laws and which may constitute a danger to other players, he shall order him to take them off. If he fails to carry out the Referee's instruction, the player shall not take part in the match

5 A player who has been prevented from taking part in the game or a player who has been sent off the field for infringing Law 4 *must* report to the Referee during a stoppage of the game and may not enter or re enter the field of play unless and until the Referee has satisfied himself that the player is no longer infringing Law 4

6 A player who has been prevented from taking part in a game or who has been sent off because of an infringement of Law 4, and who enters or re-enters the field of play to join or rejoin his team in breach of the conditions of Law 12, shall be cautioned

If the Referee stops the game to administer the caution, the game shall be restarted by an indirect free-kick, taken by a player of the opposing side, from the place where the offending player was when the Referee stopped the game

**Advice to Referees** If asked to do so, examine the players' boots or other equipment before the match or during the interval. If you have any reason for doubt you may require to examine a players' boots, etc., at any time

For infringement of this Law there is no need to wait for an appeal having noted the offence, enforce the punishment immediately. The offence need not be reported

**Advice to Secretaries** Make sure that all the members of your club know the official requirements with regard to equipment. Warn them that many of the boots sold are incorrect



**Advice to Players** Be sure that your boots, etc., are in accordance with this Law, for if the Referee's attention is drawn to the irregularity during the progress of a game, you may be sent off and your services temporarily lost to your side. If doubtful about them ask the Referee before the match or during the interval. Keep your studs in good repair, for if they wear away and expose the nails it is an infringement of Law 4.

## LAW 5 REFEREES

A referee shall be appointed to officiate in each game. His jurisdiction shall begin from the time he signals for the kick-off and his power of penalising shall extend to offences committed when play has been temporarily suspended, or when the ball is out of play. His decision on points of fact connected with the play shall be final, so far as the result of the game is concerned. He shall

(a) Enforce the Laws and decide any disputed point

(b) Refrain from penalising in cases where he is satisfied that, by doing so, he would be giving an advantage to the offending team

(c) Keep a record of the game, act as timekeeper and allow the full or agreed time, adding thereto all time lost through accident or other cause

(d) Have discretionary power to stop the game for any infringement of the Laws and to suspend or terminate the game whenever, by reasons of the elements, interference by spectators, or other cause, he deems such stoppage necessary. In such a case he shall submit a detailed report to the competent authority, within the stipulated time, and in accordance with the provisions set up by the National Association under whose jurisdiction the match was played. Reports will be deemed to be made when received in the ordinary course of post.

(e) From the time he enters the field of play, caution any player guilty of misconduct or ungentlemanly behaviour and, if he persists, suspend him from further participation in the game. In such cases the Referee shall send the name of the offender to the competent authority within the stipulated time,\* and in accordance with the provisions set up by the National

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\*In England within two days, Sundays not included

Association under whose jurisdiction the match was played Reports will be deemed to be made when received in the ordinary course of post

(f) Allow no person other than the players and Linesmen to enter the field of play without his permission

(g) Stop the game if, in his opinion, a player has been seriously injured, have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play. A player who is able to go to the touch, or goal line for attention of any kind, shall not be treated on the field of play

(h) Send off the field of play, any player who in his opinion is guilty of violent conduct serious foul play, or the use of foul and abusive language

(i) Signal for recommencement of the game after all stop pages

(j) Decide that the ball provided for a match meets with the requirements of Law 2

## INTERNATIONAL BOARD DECISIONS

1 Referees in International Matches shall wear a blazer or blouse the colour of which is distinctive from the colours worn by the contesting teams.

2 Referees for International Matches will be selected from a neutral country unless the countries concerned agree to appoint their own officials

3 The Referee must be chosen from the official list of International Referees. This need not apply to Amateur and Youth International matches

4 The authority of the Referee, and the exercise of the powers granted to him by the Laws of the Game, commence as soon as he enters the field of play, and consequently any players or named substitutes, at fault may be sent off the field before the game has actually commenced. The Referee shall report to the appropriate authority misconduct or any misdemeanour on the part of spectators, officials, players, named substitutes or other persons which take place either on the field of play or in its vicinity at any time prior to, during, or after the match in

question so that appropriate action can be taken by the Authority concerned

5 Linesmen are assistants of the Referee. In no case shall the Referee consider the intervention of a Linesman if he himself has seen the incident and from his position on the field, is better able to judge. With this reserve, and the Linesman neutral, the Referee can consider the intervention and if the information of the Linesman applies to that phase of the game immediately before the scoring of a goal, the Referee may act thereon and cancel the goal

6 The Referee, however, can only reverse his first decision so long as the game has not been restarted

7 If the Referee has decided to apply the advantage clause and to let the game proceed, he cannot revoke his decision if the presumed advantage has not been realised even though he has not, by any gesture, indicated his decision. This does not exempt the offending player from being dealt with by the Referee

8 The Laws of the Game are intended to provide that games should be played with as little interference as possible, and in this view it is the duty of Referees to penalise only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches produces uneasiness and loss of temper on the part of the players and spoils the pleasure of spectators

9 By para (a) of Law 5 the Referee is empowered to terminate a match in the event of grave disorder, but he has no power or right to decide, in such event, that either team is disqualified and thereby the loser of the match. He must send a detailed report to the proper authority who alone has power to deal further with this matter

10 If a player commits two infringements of a different nature at the same time, the Referee shall punish the more serious offence

11 It is the duty of the Referee to act upon the information of neutral Linesmen with regard to incidents that do not come under the personal notice of the Referee

12 *The Referee shall not allow any person to enter the field until play has stopped and only then, if he has given him a signal to do so, nor shall he allow coaching from the boundary lines.*

**Advice to Referees** To referee in such a way that you will win the respect of players and spectator

(a) Learn and understand every Law

(b) Be absolutely fair and impartial in every decision

(c) Keep physically fit and in good training

Occasionally a player may deliberately waste time, he should be cautioned

Only suspend or terminate a match on account of the weather after very careful consideration

When cautioning a player, state he is being cautioned and enquire his name, and that if he is again considered to be guilty of ungentlemanly behaviour he will be ordered off the field

Note the procedure if a player is cautioned, a Referee who fails to report misconduct which came under his notice may be suspended, if it is proved to the satisfaction of the Council that the case of misconduct should have been further investigated

Compare watches with the Linesmen, both before the game and at half-time.

Do not trust to memory alone in keeping a record of the game, note on paper the time of start, and the time at which, if no extra time has to be allowed, half-time and the end of the game will fall due

Note also the goals as they are scored

The application of the provisions of (g) should be strictly observed

**Advice to Secretaries** The home club is responsible for the welfare of the Referee and Linesmen, before, during and after the match, and on leaving the ground.

Notoriously bad characters should be refused admission to the ground. Post bills respecting misconduct towards the Referee threatening immediate expulsion of any spectator so guilty.

The Referee chosen must be one on the official list, except in exceptional and emergency circumstances

Trainers may not enter the field of play except with special permission of the Referee

**Advice to players** Never question the Referee's

for on points of fact connected with the play they are final

If any argument does arise, always support the Referee.

Any misconduct towards a Referee away from the field of play will be dealt with as if the offence had been committed on the field.

Do not draw attention to yourself if you get an injury which is only slight. The Referee will see that you have attention in any serious accident

### LAW 6 LINESMEN

Two linesmen shall be appointed, whose duty (subject to the decision of the Referee) shall be to indicate when the ball is out of play and which side is entitled to the corner-kick, goal-kick, or throw in. They shall also assist the Referee to control the game in accordance with the Laws. In the event of undue interference or improper conduct by a Linesman, the Referee shall dispense with his services and arrange for a substitute to be appointed. (The matter shall be reported by the Referee to the competent authority). The Linesmen should be equipped with flags by the Club on whose ground the match is played.

### INTERNATIONAL BOARD DECISIONS

1. Linesmen where neutral shall draw the Referee's attention to any breach of the Laws of the Game of which they become aware if they consider that the Referee may not have seen it, but the Referee shall always be the judge of the decision to be taken.

2. National Associations are advised to appoint official Referees of neutral nationality to act as Linesmen in International Matches

3. In International Matches, Linesmen's flags shall be of a vivid colour—bright reds and yellows. Such flags are recommended for use in all other matches

4. A Linesman may be subject to disciplinary action only upon a report of the Referee for unjustified interference or insufficient assistance

Advice to Referees. A Linesman who sees an incident on the field of play likely to bring disrepute on the game which the

Referee has failed to notice, should immediately report it to him.

Co-operation with Referee : see pages 37 and 38.

## LAW 7

### DURATION OF THE GAME

The duration of the game shall be two equal period of 45 minutes, unless otherwise mutually agreed upon, subject to the following :

(a) Allowance shall be made in either period for all time lost through accident or other cause, the amount of which shall be a matter for the discretion of the Referee.

(b) Time shall be extended to permit of a penalty kick being taken at or after the expiration of the normal period in either half.

At half-time the interval shall not exceed five minutes except by consent of the Referee.

### INTERNATIONAL BOARD DECISIONS

1. If a match has been stopped by the Referee, before the completion of the time specified in the rules, for any reason stated in Law 5 it must be replayed in full unless the rules of the competition concerned provide for the result of the match at the time of such stoppage to stand.

2. Players have a right to an interval at half-time.

Advice to Referees. A Referee has no power to set aside the Rules of Cup and other Competitions where the time to be played is specified.

Normal period means 90 minutes, or if a shorter period is mutually agreed upon and is permissible under the Rules of the Competition the period should be divided in equal halves.

## LAW 8

### THE START OF PLAY

(a) At the beginning of the game, choice of ends and the kick off shall be decided by the toss of a coin. The team winning the toss shall have the option of choice of ends or the kick-off.

The Referee, having given a signal, the game shall be started by a player taking a place-kick (i.e., a kick at the ball while it is stationary on the ground in the centre of the field of play) into his opponents' half of the field of play. Every player shall be in his own half of the field and every player of the team opposing that of the kicker shall remain not less than 10 yards from the ball until it is kicked-off, it shall not be deemed in play until it has travelled the distance of its own circumference. The kicker shall not play the ball a second time until it has been touched or played by another player.

(b) After a goal has been scored, the game shall be restarted in like manner by a player of the team losing the goal.

(c) After half time, when restarting after half time, ends shall be changed and the kick-off shall be taken by a player of the opposite team to that of the player who started the game.

**Punishment** For any infringement of this Law, the kick off shall be retaken except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offence, an indirect free kick shall be taken by a player of the opposing team from the place where the infringement occurred. A goal shall not be scored direct from a kick-off.

(d) After any other temporary suspension when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these Laws, provided that immediately prior to the suspension the ball has not passed over the touch or goal lines, the Referee shall drop the ball at the place where it was when play was suspended and it shall be deemed in play when it has touched the ground, if, however, it goes over the touch, or goal lines after it has been dropped by the Referee, but before it is touched by a player, the Referee shall again drop it. A player shall not play the ball until it has touched the ground. If this section of the Law is not complied with the Referee shall again drop the ball.

## INTERNATIONAL BOARD DECISIONS

1. If, when the Referee drops the ball, a player infringes any of the Laws before the ball has touched the ground, the

player concerned shall be cautioned or sent off the field according to the seriousness of the offence, but a free kick cannot be awarded to the opposing team because the ball was not in play at the time of the offence. The ball shall therefore be again dropped by the Referee.

2 Kicking-off by persons other than the players competing in a match is prohibited.

**Advice to Referees** Note which side kicked-off, the kick must be taken by a player competing in the match.

Do not permit any encroachment until the ball is kicked-off.

Limit the half time interval to 5 minutes unless in very exceptional circumstances.

When extra time is necessary, play shall be restarted according to (a). The interval between the end of the normal period of play and the start of the extra period shall be under the jurisdiction of the Referee.

**Advice to Secretaries** The kick off must be taken by a player competing in the match.

**Advice to players** Many players, when the whistle sounds for the start, run inside the opponents' 10 yards circle or cross the half way line. This is wrong as the game commences with the kick-off, not with Referee's signal.

In competitions where after a drawn game, extra time is necessary, the Captains must toss again for choice of ends, and the extra time must be divided into two equal portions.

## LAW 9

### BALL IN AND OUT OF PLAY

The ball is out of play

(a) When it has wholly crossed the goal line or touch line, whether on the ground or in the air.

(b) When the game has been stopped by the Referee.

The ball is in play at all other times from the start of the match to the finish including

(a) If it rebounds from a goal post cross-bar or corner flag post into the field of play.

(b) If it rebounds off either the Referee or Linesmen when they are in the field of play.



A player in an off side position shall not be penalised unless in the opinion of the Referee he is interfering with the play or with an opponent or is seeking to gain an advantage by being in an off-side position

### INTERNATIONAL BOARD DECISIONS

1 Off side shall not be judged at the moment the player in question receives the ball but at the moment when the ball is passed to him by one of his own side. A player who is not in an off side position when one of his colleagues passes the ball to him or takes a free kick does not therefore become off side if he goes forward during the flight of the ball

**Advice to Referees** Note particularly the last paragraph

The deciding factor is where the player was at the moment the ball was played by a member of his own side not as is often thought where he is when he himself plays the ball. It stands to reason that if a player is *not in front of* the ball when it is played he cannot even if he then runs forward be off side

Remember that the Law applies also to times when a free kick or penalty kick is taken

**Advice to Players** There are important factors connected with this Law which will help you to understand and remember it

(a) You cannot be penalised unless you are gaining an advantage from being off side (see last para Law 11). Therefore if you *do* find yourself in an off side position keep clear of the play and neither interfere with nor inconvenience an opponent nor make a pretence of doing so. Be careful too not to obstruct the view of the goalkeeper

(b) You will never be off side if you take care to see that when the ball is played by a member of your own side you are not in front of the ball or there are at least two opponents between you and their goal line

You cannot be off side from a goal kick a corner kick throw in or when the ball is dropped by the Referee

(c) If you are in an off side position you cannot put yourself on side. You can only be put on side by an opponent playing the ball or if you are *not in front of* the ball when it is next

played by one of your own side or if the positions of your opponents change so as to become as in (b) above.

## LAW 12 FOULS AND MISCONDUCT

A player who intentionally commits any of the following nine offences :

- (a) Kicks or attempts to kick an opponent;
  - (b) Trips an opponent, i.e., throwing or attempting to throw him by the use of the legs or by stooping in front of or behind him;
  - (c) Jumps at an opponent,
  - (d) Charges an opponent in a violent or dangerous manner;
  - (e) Charges an opponent from behind unless the latter be obstructing;
  - (f) Strikes or attempts to strike an opponent,
  - (g) Holds an opponent with his hand or any part of his arm,
  - (h) Pushes an opponent with his hand or any part of his arm;
  - (i) Handles the ball, i.e., carries, strikes or propels the ball with his hand or arm. (This does not apply to the goalkeeper within his own penalty-area);
- shall be penalised by the award of a *direct free-kick* to be taken by the opposing side from the place where the offence occurred.
- Should a player of the defending side intentionally commit one of the above nine offences within the penalty-area he shall be penalised by a *penalty kick*.

A penalty-kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty-area is committed.

A player committing any of the five following offences :

1. Playing in a manner considered by the Referee to be dangerous, e.g., attempting to kick the ball while held by the goalkeeper;
2. Charging fairly, i.e., with the shoulder, when the ball is not within playing distance of the players concerned and they are definitely not trying to play it,

3 When not playing the ball intentionally obstructing an opponent, i.e., running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent,

4 Charging the goalkeeper except when he

(a) is holding the ball

(b) is obstructing an opponent

(c) has passed outside his goal area

5 When playing as goalkeeper

(a) takes more than 4 steps whilst holding bouncing or throwing the ball in the air and catching it again without releasing it so that it is played by another player, or

(b) indulges in tactics which in the opinion of the Referee, are designed merely to hold up the game and thus waste time and so give an unfair advantage to his own team

shall be penalised by the award of an *indirect free kick* to be taken by the opposing side from the place where the infringement occurred

A player shall be *cautioned* if

(j) he enters or re enters the field of play to join or re-join his team after the game has commenced, or leaves the field of play during the progress of the game (except through accident) without, in either case, first having received a signal from the Referee showing him that he may do so. If the Referee stops the game to administer the caution the game shall be restarted by an indirect free kick taken by a player of the opposing team from the place where the offending player was when the Referee stopped the game. If, however, the offending player has committed a more serious offence he shall be penalised according to that section of the law he infringed

(k) he persistently infringes the Laws of the Game,

(l) he shows by word or action dissent from any decision given by the Referee

(m) he is guilty of ungentlemanly conduct,

For any of these last three offences in addition to the caution an *indirect free-kick* shall also be awarded to the opposing side team from the place where the offence occurred, *unless a more serious infringement of the Laws of the Game was committed*

A player shall be sent off the field of play if

(n) in the opinion of the Referee, he is guilty of violent conduct or serious foul play,

(o) he uses foul or abusive language,

(p) he persists in misconduct after having received a caution

If play be stopped by reason of a player being ordered from the field for an offence without a separate breach of the Law having been committed, the game shall be resumed by an *indirect free kick* awarded to the opposing side from the place where the infringement occurred

### INTERNATIONAL BOARD DECISIONS

1 If the goalkeeper either intentionally strikes an opponent by throwing the ball vigorously at him, or pushes him with the ball while holding it, the Referee shall award a penalty-kick, if the offence took place within the penalty-area

2 If a player deliberately turns his back to an opponent when he is about to be tackled, he may be charged but not in a dangerous manner

3 In case of body contact in the goal area between an attacking player and the opposing goalkeeper not in possession of the ball, the Referee, as sole judge of intention, shall stop the game if, in his opinion the action of the attacking player was intentional and award an indirect free kick

4 If a player leans on the shoulders of another player of his own team in front of him in order to head the ball, which he succeeds in doing the Referee shall stop the game, caution the player for ungentlemanly conduct and award an indirect free kick to the opposing side

5. A player's obligation when joining or rejoining his team after the start of the match to "report to the Referee" must be interpreted as meaning to "draw the attention of the Referee from the touch line" The signal from the Referee shall be made by a definite gesture which makes the player understand that he may come into the field of play, it is not necessary for the Referee to wait until the game is stopped (This does not apply in respect of an infringement of Law 4), but the Referee is the sole judge of the moment in which he gives his signal of acknowledgement.

6 The letter and spirit of Law 12 do not oblige the referee to stop a game to administer a caution. He may, if he chooses, apply the advantage. If he does apply the advantage, he shall caution the player when play stops.

7 If a player covers up the ball without touching it in an endeavour not to have it played by an opponent, he obstructs but does not infringe Law 12, para 3, because he is already in possession of the ball and covers it for tactical reasons whilst the ball remains within playing distance. In fact, he is actually playing the ball and does not commit an infringement, in this case, the player may be charged because he is in fact playing the ball.

8 If a player intentionally stretches his arms to obstruct an opponent and steps from one side to the other, moving his arms up and down to delay his opponent forcing him to change course, but does not make 'bodily contact' the Referee shall caution the player for ungentlemanly conduct and award an indirect free kick. This applies also to players who attempt to prevent the goalkeeper from putting the ball into play in accordance with Law 12, 5(a).

9 If after a Referee has awarded a free kick a player protests violently by using abusive or foul language and is sent off the field, the free kick should not be taken until the player has left the field.

10 Any player, whether he is within or outside the field of play, whose conduct is ungentlemanly or violent, whether or not it is directed towards an opponent, a colleague, the referee, a linesman or other person or who uses foul or abusive language, is guilty of an offence, and shall be dealt with according to the nature of the offence committed.

11 If in the opinion of the Referee a goalkeeper intentionally lies on the ball longer than is necessary, he shall be penalised for ungentlemanly conduct and

(a) be cautioned, and an indirect free kick awarded to the opposing team,

(b) in case of repetition of the offence, be sent off the field.

12 The offence of spitting at opponents, officials or other persons, or similar unseemly behaviour, shall be considered as violent conduct within the meaning of section (n) of Law 12.

**Advice to Referees** A thorough knowledge of every clause of this Law is absolutely essential, but its correct application depends on the Referee's ability to make up his mind *immediately* whether or not an offence is intentional

Take particular note that in Clause (c) it is jumping at an opponent, and not jumping for the ball, that is a foul. There is no such thing as accidental jumping at an opponent

In Clause (i) note that unless the hand or arm strikes or propels the ball it is not a foul, for too often a player is penalised when the ball touches his arm through no intentional action of his own

It is possible for a player to charge an opponent fairly but at the wrong time, viz. when the ball is *not* within playing distance. If you consider that such action infringes this Law it is a breach of section (2) and an indirect free-kick shall be awarded whether the offence be inside or outside the penalty area

If the goalkeeper obstructs an opponent he may be charged even when in his goal area. See that the goalkeeper is not unfairly charged, as he has so little chance of protecting himself when his attention is engaged with a coming shot

The penalty kick can only be awarded for the following nine offences, intentionally committed by a player of the defending side within the penalty area

(a) Kicking or attempting to kick an opponent

(b) Tripping an opponent

(c) Jumping at an opponent

(d) Charging an opponent in a violent or dangerous manner

(e) Charging an opponent from behind unless the latter be obstructing

(f) Striking or attempting to strike an opponent

(g) Holding an opponent

(h) Pushing an opponent

(i) Handling the ball

If any of these nine offences is committed by a player of either side outside the penalty area or by a player of the attacking side inside the penalty area, a direct free kick should be awarded

Do not allow players to crowd round you to question your decision or get you to change it

Although a player is entitled to charge the goalkeeper when the latter is in possession of the ball i.e. holding the ball it is not permissible for such a player to kick or attempt to kick the ball under such circumstances. The use of the foot amounts to dangerous play and should be dealt with accordingly i.e. an indirect free kick against the offender

It is not necessary to wait until the ball is out of play or for a stoppage in the game before giving a signal to a player that he may join or rejoin his team

**Advice to Secretaries** Bring to the notice of the club committee misconduct on the part of any player. If a professional player persists in offending he should be dealt with under F.A. Rule 27 or in other cases be removed from membership

**Advice to Players** This is one of the most important Laws and you are bound to offend against it unless you learn and understand all the Laws. Try not to be penalised or even cautioned. It is natural that if a player has been cautioned his subsequent offences are considered as more serious. The following points may help you to keep within the spirit as well as the letter of the Law

(a) Never retaliate when fouled for you at once become liable to punishment yourself and if you are ordered off you may be suspended

(b) Realise that there is no such thing as accidental jumping at an opponent

(c) Refrain from claiming for hands. A Referee will act on his own initiative in such a matter moreover if you claim and the Referee considers the offence accidental you will have put yourself and your team at a disadvantage

(d) Keep your temper and do not appear annoyed if you are charged

(e) It is no disgrace to be bowled over by a fair charge you will probably go over straight away if an opponent catches you standing on one foot. It will help you to learn a valuable lesson. Let your own charging too be fair and honest. Even if an opponent is intentionally obstructing you you have no

right to charge him in such a manner that you may do him injury.

(f) Accept the Referee's decision without question, it is an offence to show dissent by word or action

(g) When playing as goalkeeper, bear in mind that directly you leave the goal area any opponent may charge you. As long as you are within your goal area, provided you do not hold the ball or obstruct an opponent, you are protected under the Laws. The best advice possible to a goalkeeper is to get rid of the ball at once

(h) Remember that no player may attempt to kick the ball when it is held by the goalkeeper. This may be considered by the Referee to be dangerous play and an indirect free kick will result.

(i) Except through accident, no player may leave the field of play during the progress of the game without the Referee's permission. If a player has had to leave the field of play, or wishes to join his team after play has begun, he must receive a signal from the Referee that he may do so

### LAW 13 FREE-KICK

Free-kicks shall be classified under two heads "Direct" (from which a goal can be scored direct against the *offending side*), and "Indirect" (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal)

When a player is taking a direct or an indirect free-kick inside his own penalty-area, all of the opposing players shall remain outside the area, and shall be at least ten yards from the ball whilst the kick is being taken. The ball shall be in play immediately it has travelled the distance of its own circumference and is beyond the penalty-area. The goalkeeper shall not receive the ball into his hands, in order that he may thereafter kick it into play. If the ball is not kicked direct into play, beyond the penalty area, the kick shall be retaken

When a player is taking a direct or an indirect free-kick outside his own penalty area, all of the opposing players shall be at least ten yards from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts



The ball shall be in play when it has travelled the distance of its own circumference

If a player of the opposing side encroaches into the penalty-area, or within ten yards of the ball as the case may be, before a free kick is taken, the Referee shall delay the taking of the kick until the Law is complied with

The ball must be stationary when a free-kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player

**Punishment** If the kicker after taking the free kick, plays the ball a second time before it has been touched or played by another player an indirect free kick shall be taken by a player of the opposing team from the spot where the infringement occurred

## INTERNATIONAL BOARD DECISIONS

1 When the Referee awards an indirect free kick he *shall* signal it by raising his arm and this signal must precede the blowing of the whistle for the free kick to be taken no signal is required in the case of a direct free kick

2 Players who do not retire to the proper distance when a free kick is taken must be cautioned and on any repetition be ordered off It is particularly requested of Referees that attempts to delay the taking of a free kick by encroaching should be treated as serious misconduct

3 If when a free-kick is being taken any of the players dance about or gesticulate in a way calculated to distract their opponents it shall be deemed ungentlemanly conduct for which the offender(s) shall be cautioned

**Advice to Referees** Referees when awarding an indirect free-kick, should indicate the decision by raising one arm above their head

If in the opinion of the Referee the ball has not rolled completely over, or travelled the distance of its circumference, i.e., about 27 in., he must order it to be kicked off properly

Note that the ball *must* be stationary before the kick is taken

See that the kick is taken as quickly as possible, this is important, not only so that the game shall not be slowed down,

but because delay is unfair, particularly in the case of a kick from which a goal may be scored direct, as it enables the offending side to rearrange its defence.

The kick must not be taken until the Referee gives a signal, usually by whistle.

A player has been known to kick the ball directly into his own goal from a direct or indirect free-kick, in which case the Referee should award a corner-kick provided that in the case of a free-kick inside the penalty-area the ball had first been kicked into play. Otherwise the free-kick from inside the penalty-area will have to be retaken. If, however, a player kicks the ball directly into his opponents' goal from an indirect free-kick, the Referee should award a goal-kick to the opponents.

A goal cannot be scored direct from the kick-off, a goal-kick or from free-kicks resulting from the following breaches of the Laws :

(a) A player playing the ball a second time before it has been played by another player at

(i) the kick-off,

(ii) a throw-in,

(iii) a free-kick,

(iv) a penalty-kick,

(v) a corner-kick,

(vi) a goal-kick if the ball has passed outside the penalty-area.

(b) Interference with play in any way, when off-side.

(c) Carrying by the goalkeeper.

(d) Charging an opponent at the wrong time, the charge being otherwise fair.

(e) Obstructing an opponent.

(f) Dangerous play.

(g) Charging a goalkeeper who is within his own goal-area, except when he is holding the ball or obstructing an opponent.

(h) Ungentlemanly conduct.

(i) Causing the game to be stopped to allow the Referee:

(i) to caution a player for persistent infringement of the Laws or for dissenting; or

(ii) to order off a player persisting in misconduct after a caution or using foul or abusive language

**Advice to Players** Understand that the Referee has the power to refrain from awarding a free kick if in his opinion, it will benefit the offenders

Some players cause delay by

(a) Trying to take free kicks from places well away from those where the infringement took place,

(b) Deliberately failing to move 10 yards away from the ball when a member of the opposing team is about to take a free kick, in order to allow the defence to get into position

Such conduct brings the game into disrepute

If, however, a free kick is taken from a distance less than 10 yards from the goal line the defending team may take up a position on the goal line between the posts

## LAW 14

### PENALTY-KICK

A penalty kick shall be taken from the penalty mark and, when it is being taken, all players with the exception of the player taking the kick, and the opposing goalkeeper, shall be within the field of play but outside the penalty area, and at least 10 yards from the penalty-mark. The opposing goalkeeper must stand (without moving his feet) on his own goal line, between the goal posts until the ball is kicked. The player taking the kick must kick the ball forward; he shall not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play directly it is kicked, i.e., travelled the distance of its circumference, and a goal may be scored direct from such a penalty kick. If the ball touches the goalkeeper before passing between the posts, when a penalty kick is being taken at or after the expiration of half time or full-time, it does not nullify a goal. If necessary, time of play shall be extended at half time or full time to allow a penalty-kick to be taken

**Punishment** - For any infringement of this Law

(a) by the defending team, the kick shall be retaken if a goal has not resulted

(b) by the attacking team, other than by the player taking

the kick, if a goal is scored it shall be disallowed and the kick retaken,

(c) by the player taking the penalty kick, committed after the ball is in play a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred

## INTERNATIONAL BOARD DECISIONS

1. When a penalty-kick is being taken the Referee must not give the signal for the restart until the players have taken up the position ordered by the Law

2. If, after having given the signal, the Referee sees that the goalkeeper is not in his right place on the goal line, he must not blow his whistle for the offence by the goalkeeper, but await the result of the penalty kick. The proper position of the goalkeeper is on the goal line between the goal posts. If the goalkeeper moves his feet after the blowing of the whistle but before the penalty kick is taken and no goal is scored, the penalty kick must be retaken

3. If, when a penalty kick is being taken a player of the defending side encroaches into the penalty area or within 10 yards of the penalty mark, before the ball has been kicked, the Referee will not intervene. If a goal has been scored, it shall be allowed. The player shall be cautioned

4. If, when a penalty kick is being taken, the player taking the penalty kick is guilty of ungentlemanly conduct he shall be cautioned. If the kick has been taken and a goal has resulted it shall be retaken

5. If a colleague of the player taking the penalty-kick encroaches into the penalty area or within 10 yards of the penalty-mark, before the ball is in play, he shall be cautioned

If the ball rebounds into play from the goalposts, crossbar, or goalkeeper, the Referee shall stop the game and caution the player at fault. The game shall be restarted by an indirect free kick taken by a player of the opposing team, from the place where the infringement occurred

6. If a player or players of each side encroach into the penalty area or within 10 yards of the penalty-mark before the ball is in play, the penalty-kick must be retaken

The players concerned shall be cautioned

7 When a match is extended to allow a penalty kick to be taken or retaken, the extension shall last until the moment that the penalty-kick has been completed, that is when

(a) the ball goes direct into the goal. A goal is scored and the match ends the moment the ball passes wholly over the goal line,

(b) the ball rebounds from either goal post or cross bar into goal. A goal is scored and the match ends the moment the ball passes wholly over the goal line

(c) the ball passes out of play outside the goal posts or over the cross bar. The match ends the moment that the ball passes beyond the boundary of the field of play,

(d) the ball strikes a goal post or the cross-bar and rebounds into play. The match is terminated at the moment the ball rebounds into play,

(e) the ball having been touched by the goalkeeper, enters the goal. A goal is scored and the match ends the moment the ball passes over the goal line,

(f) the ball is clearly saved by the goalkeeper. The Referee should blow for "Time" at once. Should the goalkeeper by mischance, then drop the ball over his goal line it is not a goal for the game has ended

8 If, when a match is extended to allow a penalty kick to be taken or retaken, and before the kick has been completed, the ball is stopped by an outside agent the game shall be further extended to allow the penalty kick to be taken properly

9 If any defending player infringes the Law and encroaches, play shall be extended for the penalty kick to be retaken under the provisions of this Law

10 If, when a penalty kick has been taken, the ball is stopped in its course, by an outside agent, the kick shall be retaken

**Advice to Referees.** This is an important Law, therefore

(a) Note carefully Law 5 (b)

(b) Study Law 12, it is clear that there are only nine offences for which a penalty kick can be awarded and, even then, only if the offence was intentional

(c) Before giving the signal for the kick, make sure that the players and the ball are correctly positioned, i.e., as stated in

this Law. If a player wilfully encroaches, caution him, and, if he persists order him off the field.

(d) Remember that if the original offence was sufficiently serious as to justify the player being ordered off the field, the awarding of a penalty-kick does not cancel this measure.

(e) Bear in mind that if the ball hits the goal-post or bar and rebounds into play, the player who took the penalty-kick must not play it again until it has been touched by another player.

**Advice to Players.** Study this Law carefully, it is an important one. The following points may help you to interpret and apply it correctly.

(a) Players need not be "behind the ball". They may take up their position within the field of play, outside the penalty-area, but must be at least 10 yards from the ball.

(b) Always wait for the Referee's signal before taking a penalty-kick.

(c) The goalkeeper may not move from the position he takes upon his goal-line between the posts, nor may a player rush in from his position outside the penalty area until the ball has been kicked. An offence here will mean a caution, and if repeated the player may be ordered off.

(d) Remember that the kick must be forward.

(e) If a penalty-kick is awarded and a goal is scored, the Referee will ignore any infringement by the defending team and will let the goal stand.

## LAW 15 THROW-IN

When the whole of the ball passes over a touch-line, either on the ground or in the air, it shall be thrown-in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line. The thrower shall use both hands and shall deliver the ball from behind and over his head. The ball shall be in play immediately it enters the field of play, but the thrower shall not again play the ball until it has

been touched or played by another player. A goal shall not be scored direct from a throw in.

**Punishment** (a) If the ball is improperly thrown in the throw in shall be taken by a player of the opposing team.

(b) If the thrower plays the ball a second time before it has been touched or played by another player, an indirect free kick shall be taken by a player of the opposing team from the place where the infringement occurred.

### INTERNATIONAL BOARD DECISIONS

1. If a player taking a throw in, plays the ball a second time by handling it *within the field of play* before it has been touched or played by another player, the Referee shall award a direct free kick.

2. A player taking a throw in must face the field of play with some part of his body.

3. If when a throw in is being taken any of the opposing players dance about or gesticulate in a way calculated to distract or impede the thrower it shall be deemed ungentlemanly conduct for which the offender(s) shall be cautioned.

**Advice to Referees** See that

(a) The Linesman indicates clearly with his flag the point from where and by which team the throw in is to be taken. He must be careful not to obstruct.

(b) The player taking the throw in *really* uses both hands; some players are apt to throw with one hand only, using the other simply as a guide.

(c) The ball is thrown; it may not just be dropped even from both hands.

(d) A part of both feet of the player taking the throw is on the ground when the throw in is made.

Sometimes a ball is thrown by a player directly from a throw in into his opponents' goal, in which case the Referee should award a goal-kick. If however, a player throws the ball directly into his own goal, the Referee should award a corner-kick.

**Advice to Players** The practice of claiming for the throw-in when the ball goes into touch is far too prevalent and is unnecessary. Let the Linesman give his decision.

Do not be childish and show pique by throwing or kicking the ball away when a throw in or any other decision is given to the opposing side

## LAW 16 GOAL KICK

When the whole of the ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked direct into play beyond the penalty area from a point within that half of the goal area nearest to where it crossed the line, by a player of the defending team. A goal keeper shall not receive the ball into his hands from a goal kick in order that he may thereafter kick it into play. If the ball is not kicked beyond the penalty-area, i.e., direct into play, the kick shall be retaken. The kicker shall not play the ball a second time until it has touched or been played by another player. A goal shall not be scored direct from such a kick. Players of the team opposing that of the player taking the goal kick shall remain outside the penalty area whilst the kick is being taken.

**Punishment** If a player taking a goal kick plays the ball a second time after it has passed beyond the penalty area, but before it has touched or been played by another player, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

## INTERNATIONAL BOARD DECISIONS

1. When a goal kick has been taken and the player who has kicked the ball, touches it again before it has left the penalty area, the kick has not been taken in accordance with the Law and must be retaken.

**Advice to Referees** Show clearly the side from which the kick is to be taken.

Before giving the signal for the kick, make sure that the players and the ball are correctly positioned, i.e., as stated in this Law.

## LAW 17 CORNER-KICK

When the whole of the ball passes over the goal line, excluding that portion between the goalposts, either in the air or on



the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e., the whole of the ball shall be placed within the quarter circle at the nearest corner flagpost which must not be moved, and it shall be kicked from that position.

A goal may be scored direct from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 10 yards of the ball until it is in play, i.e., it has travelled the distance of its own circumference, nor shall the kicker play the ball a second time until it has been touched or played by another player.

**Punishment** For an infringement of this Law an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

**Advice to Referees** See notes applying to Law 16.

Occasionally the ball strikes a goal post and rebounds to the player who took the kick. The Law states he must not play it again until it has been touched by another player.

If a player before taking a corner kick removes the corner flag post order it to be replaced before giving the signal for the corner kick to be taken.

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## GYMNASTICS

*{The Rules as Issued by the Federation Internationale de Gymnastique during the time of Olympic Games, Rome, 1960}*

### RULES

The rules and amateur definition are those of the 'Federation Internationale de Gymnastique' (F.I.G.) Art 33 of the F.I.G. Statute.

In case of disagreement on the interpretation of those rules, the French text will be authoritative

The general list of events in which each nation intend to compete must be received by the Organising Committee from National Olympic Committees not later than 24 00 hrs. (Rome time) 30th June, 1960.

Final individual and team entries must be received by the Organising Committee not later than 24.00 hrs. (Rome time) 21st August, 1960.

Thereafter no alterations or additions to the entries can be made.

### PROGRAMME

(A) Men's Competition (Art. 45 of the Technical Regulations). The Competition will comprise 12 exercises, composed of one compulsory exercise and one voluntary exercise on the following apparatus :

- Horizontal fixed bar
- Parallel bars
- Rings
- Pommel horse
- Long horse (vaults)
- Free-standing exercise.

(B) Ladies' Competition (Art. 56 of the Technical Regulations). The Competition will comprise 8 exercises, performed individually, namely one compulsory and one voluntary free-standing exercise (accompanied by music) as well as on the three following apparatus :

- Parallel bars at different heights

Balancing on beam

Long horse, un pommelled, sideways, with best board

### CLASSIFICATION

In the Olympic games, there will be the following classifications

(A) Men's Competition (Art 55 of the Technical Regulations)

- (1) *Team competition*—Classification will be decided by adding the 5 best scores obtained in each of the 12 exercises of the competition
- (2) *Individual competition*—12 exercises—Classification will be decided by adding the scores obtained in all exercises.
- (3) *Individual apparatus competition*—Classification of the finalist competitions will be decided by adding the aggregate scores obtained in the compulsory exercise and voluntary exercise plus the score obtained in the final exercise of the 6 following apparatus fixed bar, parallel bars, rings pommelled horses, long horse, free-standing exercise

(B) For Ladies' Competition (Art 63 of the Technical Regulations)

- (1) *Team competition*—Classification will be decided by adding the 5 best scores obtained in each of the 8 individual exercise
- (2) *Individual 8 exercise competition*—Classification will be decided by adding the scores obtained in all individual exercises
- (3) *Individual apparatus competition*—Classification of the finalist competitors will be decided by adding the aggregate scores obtained in the compulsory and voluntary exercise plus the score obtained in the final exercise in each of the following (1) Free standing exercise to music, (2) Beam, (3) Bars at different heights, (4) Vault

(C) Ties (valid for both men and ladies Art 55-63 of the Technical Regulations)

In the event of a tie in any placing of the official classification, men competitors lady competitors or teams will held the same title

## ENTRIES

*Team competitions:* Each nation may enter, into each of the two sections (Men and Ladies) a team of 6 gymnasts who will participate in all the exercises.

Each gymnast will perform all the exercises on the programme of the competition.

*Individual 12-exercise competition (men) and 8-exercise competition (ladies):* Each nation automatically participates with the 6 gymnasts who have taken part in the team competition.

*Individual apparatus competition, men and ladies.* Only the 6 gymnasts obtaining the best score in each apparatus of the individual 12-exercise competition (men) or in the individual 8-exercise competition (ladies) will be allowed admission.

## COMPETITION REGULATIONS

[Extracts from the Technical Regulations governing the gymnastics competitions in the Olympic games.]

## 1. GENERAL RULING

Participation in the gymnastics competitions of the Olympic games is open to all National Federations affiliated to the F.I.G.

Entries are made on the forms despatched by the Organising Committee.

Gymnasts, men and ladies, must be 18 years old during the year of the competition; they must be of the same nationality as the Federation to which they belong and must be a member of a federated association. A lady gymnast who has reached the age of 16, however, may be authorised to compete on the responsibility of the Federation to which she belongs. No lady gymnast under the age of 16 will be authorised to compete.

All cases not covered by these regulations shall be decided without right of appeal by the office of the Jury acting as mandatory of the Technical Committee.

## JURY

Each Federation, on its own responsibility will nominate as members of the Jury, one or more persons whose competence and equity are above all suspicion.

The Jury for the ladies gymnastics competitions will only be composed of ladies

At the time of accepting their tasks the members of the Jury will solemnly pledge themselves in accordance with the following formula

I promise on my honour that in my capacity as judge I will allow myself to be guided only by the spirit of loyalty and dignity of sport and will judge the work given to me conscientiously with no regard either for the person or for the nation

Members of the Jury and the office of the Jury must devote themselves entirely and exclusively to the events of the competitions they may neither direct a team nor take part in the exercises nor accept any other task

Thirty minutes before the opening of the competition the Jury office and members of the Jury as well as the team leaders will assemble in the arena of the exercises so as to be instructed in the sequence of the teams for the different events any possible alterations etc

So as to achieve as far as possible uniform scale of judgment, a score code will be established and a compulsory judging course of a minimum duration of two days will be organised for all judges engaged before each competition Judges who are unable to participate in this course will not be allowed to act as judges

Insofar as the men's jury is concerned a first allotment of judges presented by the competing nations will be made by the drawing of lots two months before the competition This allotment to the various events will be made by the names of the nations This drawing of lots will be entrusted to a special committee

The designation of the Jury for the ladies' competition will be made by a direct selection on the part of the ladies Executive Committee

After this allotment the judges will be designated by name on the part of their own Federation with the reserve that approval be given by the Executive Committee

The President of the Executive Technical Committee will act as President of the Jury He will convole and set up the Jury at such time date and place to be decided The Executive

Technical Committee constitutes in the same way the office of the Jury. The latter shall appoint a Technical Director and a Ground Manager. It will draw up and distribute the work. The members of the office of the Jury as well as the Technical Director and the Ground Manager cannot participate under any circumstances whatsoever, in the team competitions. They are at the disposal of the President of the Jury; they supervise the scoring office and collaborate in the smooth running and direction of the competitions.

In the event of any claims the President of the FIG or his substitute, the President and two other members of the office Jury as well as the Technical Director will comprise the Jury of Appeal. Each of the two sections, men and ladies, will constitute each independent of other its office of the Jury as well as its Jury of appeal.

Two members of the local committee will be attached to the Jury to give it all the advice and assistance that it may require.

Scorers operating under the supervision of the Office of the Jury, will be available to add the figures on the score sheets.

The score sheets supplied to the Jury shall be drawn up by the Executive Technical Commission.

The verdict of the Jury is irrevocable and there shall be no right of appeal, except in the case of material error.

A duplicate copy of the score sheet will be given to each team if possible, immediately after each exercise is completed. In the same way, each nation will receive a duplicate copy of the final results at the end of the competition.

The documents appertaining to the whole of the competition will be given after the announcement of the results to the President of the Organising Committee for publication purpose. Finally, all the documents will be deposited in the archives of the FIG.

## THE COMPETITION

In the team competition, each nation may enter a maximum of six gymnasts and a minimum of five per team.

Nations who do not wish to enter a complete team have the possibility of entering from 1 to 3 gymnasts to participate as individuals. In order, however, to be able to enter for classifi-

cation per apparatus, these gymnasts must have totalled 80% of the maximum points exception being made in the case of an accident duly ascertained. In the competition isolated gymnasts will form one or more groups (teams) or else they will be attached to another team. The order in which they are to follow in sequence from one apparatus to another will be decided either by amicable arrangement or by the drawing of lots but in any case so arranged as to avoid any waste of time.

Each national team as well as the isolated gymnasts are for the duration of the competition under the direction of a leader. The duties of the latter are confined to conducting and presenting his team before the Jury from one event to another.

Before the commencement of the exercise the leader checks, to ensure that the apparatus is in good order. On commencement of the exercise on rings and on the fixed bar, he may lift a gymnast during the performance of the exercise he places himself near the apparatus so as to prevent a possible accident taking place but he cannot assist in the performance of the exercises nor can he speak to the gymnast. His name and titles are indicated on the list of names of gymnasts constituting the team. His work receives no marks. He acts as an intermediary between the Jury and the Team.

Ladies' teams can only be directed by the ladies. Teams present themselves and depart in good order.

All judges of events and teams taking part in the competitions must be in the arena and on the sites to which they have been assigned in good time.

The allotment of the teams in groups for the compulsory exercises and possibly for the voluntary exercises will be made by the drawing of lots two months before the competition. There will be a separate drawing of lots for each of the two sections of the competitions. This allotment will be made by the special committee in accordance with Art. 26 of the FIG Technical Regulations.

The team competition will take place in two phases: the first will comprise the compulsory exercise and the second, the voluntary exercises. The time table of events will be in accordance with the order established by the plan of work. All the apparatus will be used at the same time and the sequence of the apparatus will remain the same for all the teams.

An individual final will follow afterwards in between the best gymnasts on each apparatus for the individual apparatus classification

The six gymnasts, who in the team competition will have obtained the best points on the two exercises on the same apparatus (compulsory and voluntary), will classify for the individual final on each apparatus. In the case of a tie for the fifth and sixth place, the designation of finalists will be made on the basis of the general individual classification of the team competition

Gymnasts classified as finalists are under the obligation to participate in the competition, under pain or disqualification or exclusion from classification, even in these already established (exception being in the case of accident or *force majeure* duly ascertained). In exception to this rule the gymnast who has been classified for the final in more than three events may limit himself to three events of his choice on condition that he announces this to the President of the Jury immediately after the publication of the results of the team competition. He will be replaced in the final by the gymnast classified seventh

Only the competitors who have taken part in all the events of the team competition will be admitted to the final

In the final, each finalist will execute a voluntary exercise which may be different from that of the team competition

Meetings of the office of the Jury, members of the Jury as well as men and lady leaders of teams will take place some days before the competition

During these meetings, final instructions for the good order of the competition will be given. There will be a demonstration of the compulsory exercise and try outs for which gymnasts will be made available by the organising committee, those of other nations may also take part

Only the members of the Jury, the competitors and their technical managers (men and lady leaders), the secretaries of the groups of jurors and men necessary for the maintenance of the apparatus and the arena are admitted into the competition arena and admission is strictly forbidden to any other person

Any gymnast leaving his team without authority from the Jury will not be allowed to return



Substitution of competitors during the competition is not allowed

Any indisposition and any accident must be immediately reported by the leader and confirmed by the duty doctor

In order to allow an indisposed man or lady gymnast to recover, the team may interrupt its work for a maximum period of 30 minutes. If after this lapse of time the ascertained indisposition persists, the team will resume the competition and the indisposed gymnast will be eliminated

On the apparatus, any gymnast may repeat, without loss of points, a compulsory exercise which he considers to have missed. He will have to announce his decision to the Jury before the judges have completed the scoring. The repetition of the exercise must be executed after a convenient period of rest but before the team leaves the apparatus. Only the second execution is valid

Each gymnast has the right to make two attempts at the vaults of the long horse, both compulsory as well as voluntary. The best performance is valid

The free standing exercise cannot be repeated

The voluntary exercise may not be repeated, excepting the long horse

No nation will be authorised to use its own apparatus

All apparatus must be supplied by the organising committee. The latter has to conform both with the existing ruling as well as with the instructions which the Technical Executive Committee will issue

A double set of apparatus will be used for the training of teams, a few days before the competition and during the same

The Executive Committee will appoint one or more persons who will verify the state of the apparatus in good time before the competition

Any claim in connection with the participation of a gymnast must be addressed in writing to the President of the Jury at the beginning of the competition or as soon as the cause arise

For all questions regarding the judging and the scoring not covered by these regulations, the scoring code will apply

## MODELS AND DIMENSIONS OF APPARATUS (MEN)

The ruling in regard to models and dimensions of apparatus are contained in a special brochure published by the FIG. The indications which follow, are a resume of the essential part of its contents

**Fixed Bar** Bar of polished steel of 28 mm diameter. Height from ground to top of the bar 2.50 m. Usable length of bar (distance from pivot to pivot) 2.40 m. The guy wires are fixed to the ground at lateral distances of 1.50 m and transversal distances of 2.0 m from the foot of the uprights.

**Parallel Bars** The bars (ramps) are made of wood, their cross section oval with tapered and downwards vertical diameter 51 mm, horizontal diameter 41 mm.

Height of top of bars from the ground 1.70 m. Length of bars 3.50 m. Distance between uprights valid from 42.48 cm.

Height of bottom supports, in wood or in iron, 10 cm minimum.

The apparatus will not have planking at the bottom between the uprights.

If the apparatus is not heavy enough to guarantee its stability during the course of the exercise, it must be equipped with a device enabling it to be fixed to the ground.

**Horse** Length 1.60 m, width 85 cm. A special device enabling it to be fixed to the ground.

**Pommelled Horse** Height from the ground to the back of the horse 1.10 m. Height of the pommel from the back of the horse 12 cm.

Interior measurement between pommels 40.45 cm. Length of the pommels 28 cm.

Diameter of the grip of the pommels 34 mm.

The pommels are of polished wood and their upper portion is horizontally slightly convex for a length of at least 6 cm.

**Long Horse** Height of the back of the horse above the ground 1.35 m.

**Rings** Interior measurement between uprights of supporting frame 2.80 m.

Height of the supporting frame 5.50 m Height from the ground to the rings diameter of the grip included 2.50 m Height regulated by means of a device

Interior diameter of the rings 18 cm Distance between the ropes 50 cm approximate

The rings must be made of wood glued together with polished surface and must have a grip diameter of 28 mm

The rings are suspended by hemp ropes of 12-13 mm diameter or by metal cables of 5-6 mm diameter The rings are attached to the ropes by means of leather straps or bands sewed together at the extremities

Length 700 mm, width 35 mm and thickness 4 mm

A special device placed between the frame and the ropes not weighing more than 600 gr will prevent the ropes from twisting

The guy wires are fixed to the ground at lateral distances of 1.30 m and transversal distances of 2 m from the foot of the uprights

Floor (usable) for Free-standing Exercises Levelled and supple floor measuring  $14 \times 14$  m, covered by a carpet of soft felt or other similar material measuring at least  $12 \times 12$  cm, thickness from 5-10 mm

The felt covering will be such as to prevent all slipping on the floor

The space, available to the gymnasts, measuring  $12 \times 12$  m, will be very clearly marked

Beat Boards Length 120 cm, height to the front 12 cm width 60 cm It can have the maximum springness possible within the limits of these measurements. For the long horse vaults, it must be possible to fix two beat boards at distances of 5 cm by means of a device fixed to the horse

## MODELS AND DIMENSIONS OF APPARATUS (WOMEN)

The ruling in regard to the models and dimensions of the apparatus are contained in a special brochure published by the FIG The indications which follow are a resume of the essential part of its contents

**Bars at Different Heights**

Height of top bar	230 cm
Height of bottom bar	150 cm
Length of bars	350 cm
Bars in wood of oval shape	41 51 mm
Distance between the two bars	43 48 cm

The top bar can only be regulated in height and does not possess any device for widening

The upright into which the top bar is fixed must provide a maximum resistance with a minimum of 190 cm

In order to ensure absolute stability a transversal support will be provided fixed on the one side to the top part of the upright and on the other part to the base

The height of the bottom bar can be regulated and it will possess a device allowing lateral movement

The upright into which the bottom bar is inserted will be 120 cm

The base of the apparatus must be very heavy and must offer the maximum stability which can also be ensured by means of a device fixing it to the floor or to the ground

Beam	Height of beam (to top)	120 cm
	Length	500 cm

Cross section lower and upper sections width 10 cm  
bulged in the centre where the width is 13 cm

Height 16 cm

The beam is firmly fixed to an adjustable upright allowing mobility upwards from 100 to 120 cm

The upright rests on the ground by means of a tripod the base of which is covered with anti skid rubber

**Beat Board** A hard beat board 10 cm high eventually placed on a full protection mat is authorised for the boards and beam exercises

Long Horse	Length	160 cm
	Height	110 cm
	Width	35 cm

One must be able to fix the horse to the ground by means of guy ropes

*Beat Board of the Long horse* —It must offer the maximum elasticity possible

Length : 120 cm. Forward height : 12 cm Width : 60 cm.

A thin layer of antiskid rubber will cover the top of the board at the point where first contact with the board is made.

Usable Floor Space for Free standing Exercises Level and supple floor measuring 14 x 14 m covered by a carpet of soft felt or other similar material measuring at least 12 x 12 m and of thickness from 5 to 10 mm

The felt covering will be such as to prevent all slipping of the floor

The space available to the gymnasts, measuring 12 x 12, will be clearly marked

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## HOCKEY

**1 Teams and Duration of Games** (a) A game shall be played by two teams of not more than eleven players each. The usual constitution of a team is five forwards three half backs, two backs and a goal keeper.

(b) The duration of the game shall be two periods of thirty-five minutes each unless otherwise agreed before the match. At halftime the teams shall change ends and the duration of the interval shall not exceed five minutes, unless otherwise agreed upon mutually by the captains before the match, but it shall in no case exceed ten minutes.

**NOTES** (a) The introduction of substitutes is not permitted except as specifically authorised by the International Hockey Federation under controlled conditions laid down and supervised by it.

(b) **Timekeeping**—It is recommended that

- (1) The time in each half should be kept by both umpires.
- (2) If the umpire primarily responsible is seriously over running the time his colleague should stop play.
- (3) To avoid any error the umpires should exchange an agreed signal approximately one minute before the end of each half.
- (4) The umpires should agree the amount of time to be added after each penalty stroke and after any substantial stoppage for accident or otherwise. See Rule 18 (h) and Rule 19 (e).
- (5) By mutual agreement it shall be permissible to appoint a time keeper or time keepers to assist umpires.
- (6) The International Hockey Rules Board is not in favour of teams leaving the field at half time.

**2 Captains** The captains shall

(a) Toss for the choice of ends,

(b) Act as umpires if there be no umpires, or delegate the duties of umpire to a member of their respective teams, and,

(c) Indicate, if necessary to the opposing side's Captain and to the umpires, their respective goal keepers, before the start of play, and on any subsequent change of goal keeper.

**3 Ground** (a) The ground shall be rectangular, 100 yards long and not more than sixty yards, nor less than fifty five yards wide. It shall be clearly marked out with lines in accordance with the plan on page 156. The longer boundary lines shall be called

side-lines, and the shorter boundary lines shall be called the goal lines, the latter to be three inches wide throughout

(b) Flag posts (not less than four feet high) shall be placed at each corner of the ground and also at the centre and the twenty five yards lines, those at the centre and twenty-five yards lines to be one yard outside the side lines

NOTES 3 to 8 The duties of umpires under these Rules should be noted

It is advisable for umpires to ensure that goal nets are properly attached and that the goal boards are inside the nets. No marks other than those shown on Plan of Ground are permissible on the playing surface

It is recommended that all International Matches should, as far as practicable, be played on grounds 100 yards long and sixty yards wide

In the opinion of the Board matches need not necessarily be played on grass provided that the playing surface is suitable. The Board has taken note that there is an increasing use of materials other than wood when making goalposts and cross bars

4 Goals, Posts, Etc. (a) There shall be a goal at the centre of each goal line consisting of two perpendicular posts four yards apart joined together by a horizontal cross bar seven feet from the ground (inside measurements). The front of the goal posts shall touch the outer edge of the goal line. The goal posts shall not extend upwards above the cross bar nor the cross bar sideways beyond the goal posts. The goal posts and cross bar shall be two inches wide and not more than three inches deep and they shall have rectangular edges to the sides facing the field of play. Nets shall be attached firmly at intervals of not more than six inches to the goal posts and the cross bar, and shall also be attached firmly to the ground behind the goal

(b) Goal boards not exceeding eighteen inches high shall be placed at the foot of and inside the goal nets, the side boards, being at right angles to the goal lines. The side boards shall be so affixed to the back of the goal posts as not to extend the width of the post either inside or outside the goal

5 Striking Circle In front of each goal shall be drawn a line, four yards long and three inches wide, parallel to, and sixteen yards from, the goal line. This line shall be continued each way three inches wide, to meet the goal-line by quarter circles having the goal posts as centres. The sixteen yards shall be measured from the outer edge of the circle to the face of the goal posts. The space enclosed by these lines and the goal line,

including the lines themselves, shall be called the striking circle (hereinafter referred to as the circle)

6 Ball (a) The cover of the regulation ball shall be of white leather, or of any other leather painted white. It shall be sewn in a manner similar to the cover of an ordinary cricket ball, or it may be seamless.

(b) The inner portion of the ball shall be composed of cork and twine, similar to that of an ordinary cricket ball.

(c) The weight of the ball shall be not more than five and three-quarter ounces and not less than five and a half ounces.

(d) The circumference of the ball shall be not more than nine and a quarter inches and not less than eight and thirteen-sixteenth inches.

(e) A ball of any other description may be used, as agreed upon mutually by the respective captains.

NOTE The only regulation hockey ball is one which conforms with the requirements of paragraphs (a) to (d) of this Rule. The ball referred to in clause (e) of this Rule is one which complies with clauses (c) and (d) but does not comply with clauses (a) and (b); the use of such a ball is intended to apply to club matches only and it should not be used for matches between teams of different countries.

7 Sticks (a) The stick shall have a flat face on its left-hand side only.

(b) The head (*i.e.*, the part below the top of the splice) shall be of wood. It shall not be edged with, nor have any inserts or fittings, of metal, nor shall there be any sharp edges or dangerous splinters. The extremity shall not be cut square or pointed, but shall have rounded edges.

(c) The total weight of the stick shall not exceed twenty-eight ounces, nor be less than twelve ounces, and the stick shall be of such a size (inclusive of any surgical binding) that it can be passed through a ring with an interior diameter of two inches.

Penalty Umpires shall forbid the use of any stick which does not comply with this Rule.

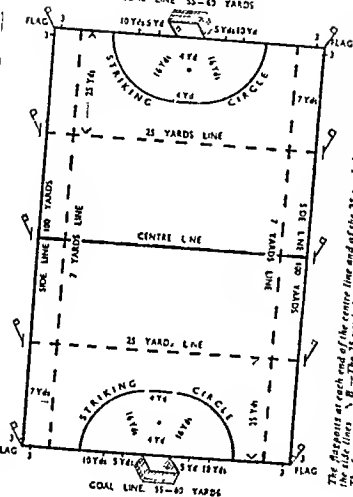
NOTE The International Hockey Rules Board has decided that certain types of stick—with a cut back toe—do not comply with Rule 7. Further, that a square cut toe must be somewhat rounded all along the extremity and not only at the top and bottom.

Heads of any other material than wood have not so far, been approved by the International Hockey Rules Board.



### PLAN OF GROUND

GOAL LINE 55-60 YARDS



The flagposts at each end of the centre line and of the 25 yards lines must be one yard outside the side lines. *B* -- The 25 yards lines to be wholly dotted lines as shown on the above plan and the goal posts must be touching the outer edge of the goal line. The circle lines marked 8 yards in front of the centre of each goal. Lines of not more than 6 in diameter shall be at right angles to the goal lines and side lines as shown on the plan. Lines shown shall be indicative dimensions and should not be marked on ground. All figures shown refer to yards. See p. 39

Umpires should draw attention to this decision if any players are using illegal sticks

**8 Boots, etc** No player shall wear anything, either in footwear or otherwise which in the opinion of the umpires, may be dangerous to other players

**Penalty** Umpires shall forbid the wearing of anything which does not comply with this Rule

**9 Bully (a)** To bully the ball, a player of each team shall stand squarely facing the side lines each with his own goal line on his right. The ball shall be placed on the ground between the two players. Each player shall tap with his stick first the ground between the ball and his own goal line, and then, with the face of his stick, his opponent's stick over the ball three times alternately, after which one of these two players must play the ball with his stick before it is put into general play

**(b)** Until the ball is in play, all other players shall be nearer to their own goal line than the ball is and none of them shall stand within five yards of the ball

**(c)** To start the game restart it after a goal is scored, and after half time, a bully shall be played at the centre of the ground

**(d)** Inside the circle, no bully shall be played within five yards of the goal line

**Penalties (i)** For any breach of this Rule, the bully shall be played again

**(ii)** For persistent breaches of this Rule, the umpire may award a free hit to the opposing team, or, for such breaches in the circle by a defender, a penalty corner

**NOTE** Note the distances—no other player within five yards—no bully inside the circle within five yards of the goalline. All other players must remain behind the ball until it is in play

Only the face of the stick (Rule 9 (a)) may be used during the bully, and contact must take place directly over the ball

Much subsequent obstruction will be prevented if the two players are made to stand squarely

**10 General Details (a)** The face of the stick only may be used for playing the ball. No player shall take part in, nor interfere with, the game unless he has his own stick in his hand. He shall not change his stick temporarily for the purpose of taking part in the game under Rules 13, 16, 17 and 18

**(b)** When striking at the ball, no part of the stick shall be raised above the shoulder, either at the beginning, or at the end.

of a stroke nor may a ball above the height of a player's shoulder be stopped in the air by any part of the stick, nor may a player, in the act of approaching the ball, raise any part of his stick above his shoulder

(c) The ball shall not be undercut, nor shall it be played in such a way as is either dangerous in itself, or likely to lead to dangerous play. The scoop stroke, which raises the ball, is permissible provided that it complies with the foregoing provision of this Rule and except as specially provided in Rules 13 (b) and 14 (a). The ball may be hit whilst it is in the air provided that the player does not contravene paragraph (b) of this Rule

(d) The ball shall not be stopped on the ground or in the air intentionally by any part of the body except the hand. If the ball be caught it shall be released into play immediately

The foot or leg, may not be used to support the stick in order to resist an opponent

(e) The ball shall not be picked up, kicked, thrown, carried or propelled, in any manner or direction, except with the stick

(f) There shall be no hitting, hooking, holding, striking at or interference with the stick of an opponent

(g) A player shall not obstruct by running in between an opponent and the ball, nor shall he interpose himself or his stick in any way as an obstruction to an opponent, nor attack from an opponent's left unless he touch the ball before he touch the stick or person of his opponent. There shall be no charging, kicking, shoving, tripping, striking at or holding an opponent by any means whatsoever

(h) A goal keeper shall be allowed to kick the ball or stop it with any part of his body, but only whilst the ball is inside his own circle. He shall not be penalized, if, in stopping a shot at goal, the ball in the opinion of the umpire, merely rebounds off his body

(i) If the ball become lodged in the pads of a goal keeper or in the wearing apparel of any player, or umpire, the umpire shall suspend the game and shall restart it by a bully on the spot where the incident occurred (subject to Rule 9 (d))

(j) If the ball strike an umpire, it shall remain in play

(k) Rough, or dangerous, play shall not be permitted, nor

any behaviour which in the opinion of the umpire, amounts to misconduct including time wasting

### Penalties

#### 1 For any breach of this Rule

##### (i) Outside the Circle

A free hit shall be awarded to the opposing team provided that if the umpire be satisfied that an offence committed by any defender inside his own twenty five yards area was deliberate, he may award a penalty corner.

##### (ii) Inside the Circle

(a) *By the attackers* A free hit shall be awarded to the opposing team

(b) *By the defenders* A penalty corner, or a penalty stroke shall be awarded to the opposing team

2 *For a simultaneous breach of this Rule by two opponents, inside or outside the circle* The umpire shall order a bully to be played on the spot where the breach occurred (subject to Rule 9 (d))

3 *For rough, or dangerous play, or time wasting or misconduct* The umpire may warn the offending player or send him off temporarily, or suspend him from further participation in the game and may also award the appropriate penalty. A temporarily suspended player shall remain behind his own goal net until allowed by the umpire by whom he has been suspended to resume play.

NOTES (a) The face of the stick is the whole of the flat side and that part of the handle for the whole of its length which is above the flat side.

Own stick means the stick with which the player began to play or any stick that he legitimately substitutes for it.

(c) This Rule is intended to prevent injury to players and umpires should be very firm in penalizing undercutting or scooping the ball in a way dangerous in itself or likely to lead to dangerous play.

Where possible the player should be penalized who by lifting the ball leads up to dangerous play, or causes a breach of the Rules by other players and not the player who for example is induced to give sticks through the lifting of the ball by an opponent.

Hitting the ball whilst it is in the air is not permissible if the stroke is in itself dangerous.

The practice of carrying or bouncing the ball on the stick is disapproved because it becomes dangerous play when the player concerned is tackled by an opponent who is thus forced to play the ball in the air. *Whenever it is continued to this point the offender should be penalized under Rule 10 (k)*

(d) Before penalizing a breach under the first sentence of this Rule, the umpire must be satisfied that the player intentionally used some part of his body (other than his hands) to stop the ball, either by

- (i) moving into the line of the ball or
- (ii) so positioning himself that his intention to stop the ball in such a manner was clear or
- (iii) making no effort to avoid being hit

(e) (i) **Stationary Player** If the ball rebounds from or glances off a player who is stationary and the umpire is satisfied that this was not caused by any intentional use of the body, there is no breach of this Rule however much the ball rebounds or is deflected, or however great an advantage to the player or to his side is gained thereby

(ii) **Moving Player** If a moving player is struck by the ball which he can not avoid and there is no appreciable rebound or deflection the same considerations as in Clause (e) (i) apply

(iii) **Moving Player** When the ball is hit at a player who is not stationary but who cannot avoid it there is a breach if the ball is kicked, carried or deflected but the umpire should not penalize unless it results in a substantial advantage to the player or his team. If the stroke was in the umpire's opinion dangerous the striker should be penalized under Rule 10 (c)

(f) No interference with sticks is permitted

(g) Subject to the application of the advantage Rule umpires should be particularly strict on obstruction and the other forms of interference dealt with in this Rule even if the ball is still being played on the fore hand. It should be noted that obstruction does not necessarily depend on the distance of the players concerned from the ball

A player even if in possession of the ball may not interpose his body as an obstruction to an opponent. A change of direction by a half turn of the body with this result may amount to a breach of this Rule. It should be noted, however that even a complete turn does not constitute a breach unless an opponent has thereby been obstructed in an attempt to play the ball. Obstruction occurs frequently at the push in and should be watched for carefully. The slide tackle used by some goal keepers often leads to obstruction

(h) A goal keeper is not allowed to strike at the ball with his hand or breast it out with his body. Umpires are disposed to be too lenient towards breaches of the Rules by goal keepers. The more usual breaches are running between an opponent and the ball when it is about to go behind opening the legs to let the ball go through when an opponent is within striking distance, and making a wild stroke at the ball when clearing. The goal keeper must not be allowed further privileges than those given him by this Rule

(i) If such an incident occurs during a penalty stroke and the ball has not crossed the goal line the ball should be considered "at rest"

(k) The penalties for rough and dangerous play misconduct, or time wasting should be noted carefully. Persistent breaches of the

Rules may suitably be dealt with under this Rule. If rough or dangerous play or time wasting becomes prevalent, a word of caution to the offender, or offenders should effectively prevent the game from getting out of hand.

**Penalties** Those for breaches of this Rule inside the circle should be noted in conjunction with Rule 18.

**11 Goal** (a) Except as specially provided for in Rule 18 (g), a goal is scored only if the ball pass wholly over the goal-line between the goal posts and under the cross bar, the ball, whilst inside the circle, having been hit by, or having glanced off, the stick of a player of the attacking team. It is immaterial if the ball subsequently touch, or be played by, one or more players of the defending team. If, during the game, the goal-posts and/or the cross bar, become displaced, and the ball pass wholly over the goal line at a point which, in the opinion of the umpire, is between where the goal posts and/or under where the cross bar, respectively, should have been, a goal is scored.

(b) The team scoring the greater number of goals shall be the winners.

**NOTE** Provided the ball whilst inside the circle has previously been hit by, or touched the stick of, an attacker any subsequent touching with stick or person by one or more defenders is immaterial—e.g., subject to this proviso the fact that a clearance by one defender has rebounded into goal off another defender is immaterial, and a goal is scored.

After a stoppage of play inside the circle the ball must again be hit from inside the circle, by the stick of an attacker, before a goal can be scored.

Note that the ball must pass wholly over the goal line before it is out of play, and that if the ball is wholly on the circle line it is inside the circle (Rule 5).

**12 Off Side** (a) (i) A player of the same team as the striker or pusher-in is in an off-side position if, at the moment when the ball is hit or pushed-in, he be nearer to his opponents' goal line than the ball is unless

—he is in his own half of the field

OR

—there are at least two opponents nearer to their own goal-line than he is

(ii) For the purpose of this Rule, a player shall be deemed to be on the field of play even though he be outside the side-line or behind the goal line.

(b) A player who is in an off side position shall not play or attempt to play the ball or gain any advantage for his team or influence the play of an opponent

**Penalty** A free hit to the defending team. A free hit awarded against a player outside the field of play shall be subject to Rule 13 (a) be taken at the spot inside the field of play nearest to where the breach occurred

**NOTES** The following points should be noted carefully

- (1) The point to note is not where the player is when he plays the ball but where he WAS at the moment it was hit or pushed in by a player of the same team
- (2) If a player is off side he is not automatically put on side by returning to his own half to play the ball
- (3) A player in an off side position should not be penalized unless he interferes in any way with an opponent or the play or gains some advantage by his off side position or by his presence causes any interference with the play of an opponent

**13 Free Hit** (a) Except as specially provided for in Rules 15 (a) 16 (a) 17 and 18 a free hit shall be taken on the spot where the breach occurred provided that any free hit awarded to the defending team within sixteen yards of the inner edge of their goal line may be taken from any spot within that distance on a line drawn through the place where the breach occurred and parallel to the side line

(b) The ball shall be hit or it may be pushed along the ground. The scoop stroke shall not be permissible in this instance

(c) At the moment when a free hit is taken the ball shall be motionless on the ground and no other player of either team shall be within five yards of the ball. If the ball be not motionless or if there be any other player within five yards of the ball the free hit shall be taken again. If however in the opinion of the umpire any player remain within five yards of the ball in order to gain time he should not cause the hit to be delayed

(d) When taking a free hit if the striker miss the ball he shall take the hit again provided that he has not contravened Rule 10 (b)

(e) After taking a free hit the striker shall not approach within playing distance of the ball until it has touched or been played by, another player of either team

# Penalties

## *For a breach of this Rule*

### (i) *Outside the circle*

A free hit be awarded to the opposing team

### (ii) *Inside the circle*

(a) By the attackers A free hit shall be awarded to the opposing team

(b) By the defenders A penalty corner or a penalty stroke shall be awarded to the opposing team

**NOTE** It is important to note that the push stroke along the ground (not scoop) is permissible

**14 Push in** (a) If the ball pass wholly over the side line, it, or another ball, shall be placed on the line at the spot at which it crossed the side line. The ball shall be pushed in along the ground, without undue delay by a player of the team opposed to the player who last touched it in play

(b) At the moment when the push in is taken, no other player of either team shall be within five yards of the ball. If any player of either team be within five yards of the ball, the umpire may require the push to be taken again. If, however, in the opinion of the umpire, any player remain within five yards of the ball in order to gain time, the push in shall not be delayed.

(c) After taking a push in the player shall not play the ball again, nor approach within playing distance of the ball, until it has touched, or been played by, another player of either team

# Penalty

## *For any breach of the Rule*

### (i) *By the player taking the push in*

the push in shall be awarded to the opposing team

### (ii) *By any other player,*

the push in shall be taken again, but for persistent breaches a free hit may be awarded to the opposing team

**NOTES** Umpires should note that the player who pushes the ball in is not required to be wholly outside the side line when making the stroke

It should be noted that this Rule is subject to Rule 13—Free Hit where applicable



15 Behind (a) If the ball be sent over the goal line by a player of the attacking team, and no goal be scored or, in the opinion of the umpire it be sent unintentionally over the goal line by a player of the defending team from a distance of twenty five yards or more from the goal line, the game shall be restarted by a free hit to be taken by a player of the defending team exactly opposite the place where it crossed the goal line and sixteen yards from the inner edge of that line

(b) If, in the opinion of the umpire, the ball be sent unintentionally over the goal line by a player of the defending team from a distance of less than twenty five yards from the goal line, a corner shall be awarded to the opposing team, unless a goal be scored

(c) If, however, in the opinion of the umpire, the ball be sent intentionally over the goal line, by a player of the defending team from any part of the ground, a penalty corner shall be awarded to the opposing team unless a goal be scored

Notes If the ball be hit by or glance off the person of a defender over his own goal line observe that the decision must unless a goal be scored be one of three

(1) If unintentionally from not nearer than his own twentyfive yards line—a free hit

(2) If unintentionally from nearer than his own twentyfive yards line—a corner

(3) If intentionally from any part of the ground—a penalty corner

Note that in deciding whether an ordinary or a penalty corner should be awarded the only point at issue is whether the "behind" was intentional or not. The fact that in sending the ball behind a defender saves a goal must not influence an umpire in his decision

16 Corner (a) A player of the attacking team shall have a free hit from a spot on the defenders goal line or on the side line, within three yards of the corner flag post nearer to the point where the ball crossed the goal line

(b) At the moment when the hit is taken not more than six of the defending team shall be outside the field of play and shall have both feet and sticks behind their own goal line. The rest of the defending team shall stand beyond the centre line until the hit has been taken. The attacking team except the player taking the hit, shall be in the field of play and have both feet and sticks outside the circle

(c) If, before the ball be hit, a player of the defending team cross the goal line or centre line, or a player of the attacking

team enter the circle, the umpire may order the hit to be taken again.

(d) No shot at goal shall be made from a corner hit unless the ball first be stopped (not necessarily motionless) on the ground by a player of the attacking team or touch the stick or person of a player of the defending team

#### Penalties

*For persistent intentional breaches of para (c) of this Rule by the defending team* A penalty corner may be awarded

*For any breach of paragraph (d) of this Rule* A free hit shall be awarded to the opposing team

**NOTE** If a defender cross the goal line or centre line before the ball is hit the power that an umpire has to direct a corner hit to be retaken should be used with discretion. It may often be to the disadvantage of the attackers to exercise this power when the hit has been well taken

An umpire should not allow his decision to be influenced by the receiver fumbling the ball or getting in his hit

In all cases Rule 10 (c) must be complied with

If the ball has not previously been touched by a defender or stopped sufficiently on the ground a flying hit following a pass or deflection from one attacker receiving a corner hit to another should be penalized as a breach of (d) but, for a hit towards the goal made from outside the circle nothing in these Rules requires that the ball should be stopped before hat hit is made

Under clause (d) the ball may be stopped by the stick or the hand by a player of the attacking team. If stopped by the stick the ball need not be motionless before it is played but it must be on the ground. If stopped by the hand it must be on the ground and motionless before the shot is taken

**17 Penalty Corner** (a) Rule 16 shall apply to a penalty corner except that

(1) in paragraph (a) of that Rule the free hit shall be taken from any spot on the defenders' goal line on either side of the goal, but not within ten yards of a goal post

(2) paragraph (c) of that Rule applies to the players of the defending team behind their goal line

(b) In the event of any breach of this Rule the umpire may order the hit to be taken again

**Penalties** As for Rule 16 except that for persistent intentional breaches of paragraph (c) of that Rule by any of the defending team a penalty stroke may be awarded

**NOTE** A goal can be scored direct from a penalty corner but if provisions of Rule 11 are met

**18 Penalty Stroke** (a) A penalty stroke shall be awarded to the opposing team, if, in the opinion of the umpire

(i) There has been an intentional breach of Rule 10 or 13 inside the circle by a player of the defending team, to prevent a goal being scored, or,

(ii) A goal would probably have been scored had an unintentional breach of Rule 10 inside the circle by a player of the defending team not occurred

(b) The penalty stroke consist of either a push, flick, or scoop stroke taken from a spot eight yards in front of the centre of the goalline by a player of the attacking team, who, when taking the stroke, shall stand close to the ball and who shall be permitted in making the stroke to take one stride forward. He may touch the ball once only and thereafter shall not approach either the ball or the goalkeeper. In the event of the goalkeeper being incapacitated or suspended, the captain of the defending team shall immediately nominate another goal keeper.

(c) The goal keeper shall stand on the goal line. After the player taking the stroke and the goal keeper are in position, the goalkeeper may not leave the goal line or move either of his feet until the ball has been played. He shall not be penalized, if, in stopping a shot at goal, the ball, in the opinion of the umpire, merely rebounds off his body or his hand. He may not touch the ball with any part of his stick when the ball is above the height of his shoulder. The usual privileges of the goal keeper shall be allowed to him.

Neither the goal keeper nor the attacking player shall be allowed any change of dress or equipment between the award and the completion of the penalty stroke.

If any action by the striker prior to striking the ball, induces the goal keeper to move either of his feet or, if the striker seems at striking the ball, the stroke may be taken again.

(d) The attacking player shall not take the penalty stroke until the umpire, by blowing his whistle, has indicated that he may do so.

(e) During the taking of a penalty stroke all the other players of both teams shall remain outside the nearer twenty-five yards line.

(f) Whichever stroke is used, the ball may be raised to any height.

(g) If, as a result of the penalty stroke

- (i) The ball passes wholly over the goal line between the goal posts and under the cross bar, a goal is scored
- (ii) There is a breach of any Rule by the goal keeper which prevents a goal from being scored the umpire shall award a goal, unless such breach shall have been induced by the striker as in the last paragraph of (c) above
- (iii) The ball should come to rest inside the circle or pass outside the circle, in all cases the penalty stroke is ended. Unless a goal has been scored or awarded the game shall be re started by a free hit to be taken by a defender from a spot in front of the centre of the goal line and sixteen yards from the inner edge of that line (See Rule 19 (c) (vi) )

(h) All time taken between the award of a penalty stroke and resumption of play shall be added to the time of play -

**Penalties** For a breach of this or any Rule by an attacker the game shall be re started in accordance with clause (g) (iii) of this Rule. For a breach of Rule (e) by a defender, the umpire may order the stroke to be taken again

**NOTES** Note the cases in which this may be awarded, and that it shall be awarded if in the umpire's opinion with the sole intention of preventing a goal being scored (not necessarily by the person fouled) a breach of Rule 10 or of Rule 13 has been committed inside the circle even though it may seem to the umpire improbable that but for the breach a goal could have been scored

It should be particularly noted that this penalty is intended to meet offences which may materially affect the game when a more severe penalty than a penalty corner is necessary, and it should be applied accordingly by umpires. It is not always easy for an umpire to decide whether a breach is intentional or not but a distinction should be made between committing a breach of the Rules that is entirely forbidden such as charging and a breach which is the result of an attempt to do something lawful—such as handball

A defender must show by his actions that he has tried to prevent fouling an attacker (e.g. charging into a player about to shoot from a favourable position should invariably be regarded as intentional for the purpose of this Rule). If a goal keeper fails on or beside the ball in front of goal an award of a penalty stroke would be appropriate in most cases

*A stride shall not be invalidated by reason of the rear foot moving provided that it does not pass the front foot before the ball is moved. Dragging or lifting the rear foot is not a breach of this Rule*

The umpire shall satisfy himself that the defending player is ready before he allows the penalty stroke to be taken

If the ball be caught and held by the goal keeper, it shall be deemed to be at rest (clause (g) (ii)) unless it has been carried over the goal line between the posts

The umpire shall not allow the attacking player to take a penalty stroke until directed that he may do so See Rule 19 clause (c) (v)

If, during a penalty stroke any other player crosses the twentyfive yards line the umpire may direct the penalty stroke to be taken again if he considers that such an action has affected the penalty stroke All decisions must, however, remain with the umpire controlling the penalty stroke

**19 Umpires** (a) There shall be two umpires Each umpire shall take one half of the ground for the whole game In addition, each shall take the whole of one side line, but shall give corner decisions for his own half of the ground only

(b) An umpire shall give his decisions without waiting for an appeal

(c) An umpire shall only blow his whistle to

(i) Start and end each half of the game

(ii) Enforce a penalty, or suspend the game for any other reason

(iii) Indicate, when necessary, that the ball has passed wholly over the goal line, or side line

(iv) Signal a goal,

(v) Start a penalty stroke

(vi) Restart the game after a penalty stroke or after the game has been suspended under Rule 20 (a)

(d) An umpire shall refrain from enforcing a penalty in cases where he is satisfied that, by enforcing it, he would be giving an advantage to the offending team

(e) By mutual agreement the time may be kept by one umpire throughout or by each umpire for one half of the game The full or agreed time shall be allowed, after deducting all wastage for enforced stoppages, accidents, time wasting etc

(f) If there be only one umpire, there should be two linesmen to give side line decisions

(g) The umpires and linesmen are debarred from coaching during a game

(h) The umpires shall keep a written record of the goals as scored

**NOTE** This Rule and the note on Rule 7 (Time keeping) should be studied carefully

(c) The game begins when the umpire blows his whistle to start the game

It is indicated by this and the advantage Rule (d) that an umpire should blow his whistle as little as possible. When he does so, it should be loud enough to bring the game to an immediate standstill

(d) To operate this Rule successfully umpires must bear in mind that a free hit is often of little value against a good team as it usually gives time for everyone to be completely marked. It is necessary, therefore, to delay the whistle long enough to be sure that a free hit is likely to be of greater advantage than letting the game proceed. For instance a forward approaching the circle, though greatly hampered by an attempted tackle from the wrong side may get in a shot or a valuable pass. This also applies to a wing forward who has got well away and has got the defence out of position. When the breach is committed inside the circle the penalty is more valuable but this is partly balanced by the possibility of a goal immediately resulting if the whistle is delayed. Umpires should particularly avoid being excited into blowing instantly merely by reason of the magnitude or obviousness of a breach.

If an umpire is in doubt concerning a decision he may make such enquiry as may be necessary to make the decision or correct one already made. If it is necessary to reverse a decision this must be done at once. Appealing by players should not be permitted.

It is recommended that signalling should be standardised (See page 172)

It is very desirable that an umpire should give to and accept all necessary assistance from his colleague. It is therefore necessary that there be a clear agreement before the game begins as to the extent to which an umpire shall intervene in the other half of the field. This should usually be confined to cases in which his colleague appears to be unghed and in which he clearly is not operating the advantage rule. Umpires should not go so far into the other half as to risk being unable to regain the proper position in the event of a sudden swing of play. In no circumstances may an umpire award a corner or a penalty corner or a penalty stroke except in his own half of the field.

**20 Accidents** (a) If a player or an umpire, be incapacitated, the umpire, or second umpire shall suspend the game temporarily. In either case, if a goal be scored before the game has been suspended, it shall be allowed if, in the opinion of the umpire, it would have been scored had the accident not occurred.

(b) When the game is resumed, it shall be restarted by a bully on a spot to be selected by the umpire (subject to Rule 9 (d)).

Efficient umpiring will do much to raise the whole standard of the game by training players to observe the Rules. Efficiency does not, however, depend on penalizing every breach.

Subject to two paramount considerations, namely

(1) an umpire must obtain and retain complete control of the game,

(2) he must never allow an advantage to be gained by breach of the Rules, the whistle should be used as sparingly as possible

To attain this object, it is necessary to make the fullest possible use of the "advantage" Rule 19 (d) In certain circumstances, the decision must be delayed long enough to give this Rule time to operate But a decision, when made, should be given decisively and loudly Once the "advantage" Rule has been put into operation, the original breach must be considered as not having occurred

As soon as the players realise that they have an umpire who means to enforce the Rules it will generally be found that rough play will cease Once let a game get out of hand and it will be difficult to pull it together afterwards

It is most important for an umpire to be in the correct position to see any breaches of the Rules and in particular to determine accurately whether a player is on side or off side When an attack is developing the best position is probably close to the side line and level with the second defender When the ball is inside the circle, offences such as obstruction are difficult to detect from a side line position An umpire should therefore come in towards the circle and near the goal line in order to be in the best position

An umpire must therefore, be constantly on the move and train himself not only to be in the correct position according to the state of the game but to judge instantly the relative positions of the various players at any moment It is obviously impossible for one who remains stationary to give correct decisions It is generally recognised that the most suitable position for an umpire is on the right wing of the attack in his half

It is a mistaken idea that it is the duty of an umpire to penalize every breach of the Rules as this may cause undue delay and irritation When no advantage results to the offender, it is unnecessary for an umpire to penalize such minor breaches of the Rules as

slight handball accidental rebound or knock on

The awardable penalties being limited to a free hit penalty corner or penalty stroke, have greater significance if umpires restrict their use as much as possible to the more serious breaches of the Rules, such as obstruction & off side, etc. An efficient umpire is not, however, one who is over lenient, and rough or dangerous play, obstruction or unfair play contrary to the spirit of the Rules must, in the interests of the players and the game itself, be severely dealt with.

It is considered that umpires in general do not make sufficient use either of the Penalty Stroke Rule or of their power to award penalty corners for deliberate breaches of Rule 10 by defenders outside their own circle but within their own twenty five yards area.

In general, players should be given the impression that if they try to co-operate, an umpire will interrupt the flow of the game only when essential for its fair and proper conduct.



## INTERNATIONAL CODE OF SIGNALS FOR UMPIRES

- |   |  |
|---|--|
| 1 Bully<br>(when necessary)               | Make a Bully movement with both hands  |
| 2 Kicks<br>(when necessary)               | Slightly raise a leg and touch it with the hand  |
| 3 Obstruction<br>(when necessary)         | Make a circular movement with one arm in front of the body   |
| 4 Goal Scored                             | Turn and point both arms horizontally towards the centre of the ground   |
| 5 Off side                                | Stand on the line of decision and point one arm horizontally along that line<br>Then as a separate signal indicate the direction of the free hit as in 6                   |
| 6 Free Hit Push In and Directional Signal | Indicate the direction with one arm raised horizontally  |
| 7 16 Yards Hit                            | Extend both arms out sideways  |
| 8 Corner                                  | Point one arm at the corner flag nearer to the point where the ball crossed the goal line  |
| 9 Penalty Corner                          | Point both arms horizontally towards the goal  |
| 10 Penalty Stroke                         | With the left arm point to the penalty spot and with the right arm point straight up in the air  |
| 11 Dangerous Play and or Bad Tempers      | Stop play and make a calming movement by raising both hands horizontally palms downwards in front of the body moving them slowly up and down Indicate penalty if necessary |
| 12 Time Stopped                           | Turn towards the other umpire and/or time keeper(s) and cross fully extended arms at the wrists above the head   |
| 13 Start/Restart                          | Point one arm straight up into the air and await colleagues' acknowledgement before commencing play  |

## KABADDI

*(As approved by the Kabaddi Federation of India)*

The game of Kabaddi commonly known as (Hututu, Do-Do, Chidugudu) should be governed and played under the following Rules

**Ground** (i) That ground shall be level,—measuring 13 Metres  $\times$  10 Metres) 42' 6"  $\times$  32' 9") divided by a middle line into two halves, each measuring 10 Metres wide and 6' 5 Metres deep

(The ground shall be soft preferably made of earth, manure and saw-dust)

(ii) Each of the strips on the sides of the play field known as a lobby shall be one Metre (3' 3") in width

(iii) The baulk line shall be drawn through the entire width at a distance of (9' 10") or 5 metres from the mid-line parallel to it on either courts

(iv) The mid-line or the 'March-line' dividing the two courts shall be distinctly drawn and shall not be more than 2 inches or 5 cm in width. All the lines shown in the diagram shall be maximum of 5 cm or 2" N (Ground shown as per diagram)

ABCD is a playfield. It is divided into two equal rectangles ABNM, CDMN. AB is 8 metres BC is 13 metres BN, NC, AM, MD are 6' 5 metres each PN, NR, OM, MQ are 3 metres in length MN is a line dividing the playfield in two halves OP and QR are two lines parallel to the mid-line on either side at a distance of 3 metres EF and GH are two lines drawn parallel to BC and DA respectively and at a distance of 1 metre from them. The strips 13 metres in length and one metre in breadth on either side of the play field are the lobbies. The end lines AB and CD and the mid-line MN are extended to meet these lines

**NOTE** For Junior players (or groups divided on weights such as 90 lb and below or 110 lb and below) or women's open competition the dimensions of the field shall be as follows

	MEN	WOMEN or JUNIORS
1 AB or CD	8 Metres (26-3')	6 Metres (19' 8")
2 BC or AD	13 m (42' 7 1/2")	11 m (36' 1")
3 BN or NC	6' 5 m (19' 8 1/2")	5' 3 m (16' 3")
4 BE or AH	1 m (3' 3 1/2")	1 m. 13-3 1/2"
GD or CF		



5	MO Or MQ	3 m	(9 10")	2.5 m	( 2½")
6	M N	10 m	(32 9")	m	(26 3")

NOTES 1 It is necessary to have 4 metres (13 1½") clear space outside the side and end lines

2 The sitting block shall be at a distance of 2 metres (6 ½") from end lines It shall be of 2 metres by 8 metres of size for men and 2 metres by 6 metres for women or juniors Whenever this is not possible the Referee may decide about the markings of the clear space and of the Waiting Blocks

## DEFINITIONS

1 The Boundary The lines on the four sides of the playfield are known as the boundary AB, BC, CD, DA All lines will be of maximum of 5 cm or 2 inches in width

2 The Lobbies Each of the strip on the sides of the playfield, is known as a lobby When the lobbies as per rule 4 under rules of play are included in the playfield, the boundaries of the playfield are extended up to the four lines which enclose the field including the lobbies [EF, FG, GH, HE]

3 The Mid line [March] The line that divides the playfield into two halves is known as the mid line [MN]

4 The Court Each half of the field divided by the mid line is known as the court

5 The Baulk Line Each of the lines in court, parallel to the mid line is known as the baulk line The distance from Mid line shall be 3 metres (9 to 10") in case of Men and 2.5 metres or (8 2") for Women or Juniors

6 The Cant The repeated and clear sounding aloud of approved work 'Kabaddi' within the course of one respiration shall be called a Cant

7 The Raider One who goes into the court of the opponent with the cant is known as a raider The raider must begin his cant before crossing the mid line

8 Anti Raider or Anti Every player of the party in whose court the raid has been made shall be called an Anti-Raider or Anti

9 Losing the Cant To stop the repeated and clear sounding aloud of the word 'Kabaddi' or to take in a breath during a cant is known as losing the cant A cant must be started and continued within one and the same respiration

10 To put out an Anti If a raider touches an Anti without the breach of the rules or if any part of the body of an anti touches any part of the body of the Raider the anti is said to be put out

11 To hold a Raider If the anti hold without breach of rules and keep the raider in their court and do not allow him to go in his court until he loses his cant it is known as holding the raider

12 To reach court safely If the raider after crossing the mid line touches his court with any part of his body without breach of rules with cant he is said to have reached court safely

13 Touch By touch is meant contact by or with any part of the clothing or any other of one's personal belongings by raiders or anti

14 Struggle When either a raider or an anti touches each other a struggle begins

15 Raid When a raider goes into the court of the opponent with a cant, it is known as a Raid Successful Raid is meant when the raider crosses the baulk line of the defending team at least once during the course of a raid and returns with cant in his home In case the Anti or Antis are out he need not cross the baulk line but must bring his cant in his home

Note Baulk line is said to be completely crossed when no part the body of the raider has got contact with the ground between the march line and the baulk line

## RULES OF THE PLAY

1 The side that wins the toss shall have the choice of the Court of the Raid In the second half the court shall be changed and the other side shall send their raider first The game in the second half shall continue with same number of players as it was at the end of the first half

2 If any player goes out of the boundary during the course of play he shall be out The official shall try to take out such players at once

2 (a) If an anti who has gone out of bounds [as per Rule 2] hold a Raider, the Raider shall declared not out and deemed to have reached his court safely and all the anti who have taken part in the struggle shall be out

3. A player shall be out (i) if any part of his body is touching the ground outside the boundary (ii) and during the struggle a player shall not be out if any part of his body is touching directly the ground or a player who is inside the boundary.

(The portion of contact must be inside the boundary.)

4. When the struggle begins the play field includes the lobbies. After the struggle is over the players involved in the struggle may use the lobbies to enter their respective courts.

5. A raider shall keep the cant with 'Kabaddi' as the word for sounding. If he is not keeping the cant with 'Kabaddi' he may be ordered back by the Umpire and the opponents be given chance to raid. Under such circumstances he shall not be pursued.

6. A raider must enter the opponent's court with cant. If he starts the cant late, he may be ordered back by the Umpire, and the opponent be given chance to raid. Under such circumstances the Raider shall not be pursued. The entry in the court is not complete as long as there is any contact with his court.

7. If the raider even after a warning is purposely violating Rule No. 6 the Umpire shall declare his turn over and award one point to the opponents but shall not be declared out.

8. After a raider has reached his court or is out in the opponent's court the opponents shall send their raider immediately. Thus alternately each side shall send its raiders until the end of the play.

9. If a raider who is caught by the antis, escapes from their attempt to hold him and reaches home safely he shall not be pursued.

10. Only one raider shall go in the opponent's court. If more than one raider go in the opponent's court, the Umpire shall order all of them to go back to their court and declare their turn of raiding over and shall declare those antis who are touched by these raiders as not out. The opponents shall not pursue and put out these raiders.

11. A side sending more than one raider at a time, a warning shall be given by the Umpire and if in spite of the warning, they continue to do so, the Umpire shall declare all the raiders out except the first one.

12 If a raider, while in the opponent's court loses his cant he shall be out

13 When a raider is held the anti shall not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries any type of scissors or use any unfair means If such thing happens the Umpire shall declare such a raider to have reached his court safely

(For punishment see Rule 3 of the officials)

14 No raider or anti shall wilfully push his opponent out of the Boundary The one who pushes first shall be declared out If a raider is pushed outside the boundary, the Umpire shall declare him as to have reached the court safely

15 As long as a raider is in the court of the anti no one of the anti shall touch the ground of the raider's court beyond the mid line with any part of his body if he does so he shall be out.

16 If an anti who is out having violated the rule 15 holds a raider or has violated the said rule while holding or helping to hold the raider the raider shall be declared to have reached his court safely and all the anti who are the members of the struggling group shall be out

17 If a raider goes out of turn the Umpire shall order him to go back If in the opinion of the Umpire, such entry is being made persistently, he may award one point to the opponents after he has warned the raider's Team at least once

18 When a team manages to put out the entire opposing team they shall score a lona and four points for lona shall be awarded in addition to the points scored by putting out individual players The play continues and all the players of both sides enter their own half

Thus the game continues till the end of the time of the play

19 If a raider is warned against any danger by one of his own side, the Umpire shall award one point against him

20 A raider or an anti is not to be held by any part of his body deliberately other than his limb or trunk The one who violates the rule first shall be declared out If the raider is held deliberately by any part of his body other than his limb or trunk the Umpire shall declare the raider to have reached home safely

21 When only one or two players of a team are left during any game and the Captain of the team 'declares them out in order to bring in the full team, the opponents shall score as many points as there were players, just before declaring, as well as four points for Lona

22 A player who is out shall be revived in the same order he was out, only when one opponent is out

### RULES OF MATCHES

1 Each side shall consist of 12 players. Seven players shall take the ground at a time

2 The duration of time for a representative match shall be of two halves of 20 minutes for men and of 15 minutes for women and juniors with 5 minutes rest in the middle. The court shall be changed after interval

3 Each side shall score 1 point for each opponent who is out. The side which scores a 'Lona' shall score 5 points extra for the lona

4 The side which scores the highest number of points at the end of all the play, shall be declared winner

5 (a) If there is a tie, 2 extra periods of 5 minutes each shall be played. The game in the extra periods will continue with the same number of players as it was at the end of the second half

(b) The team which scores the first point shall be declared the winner if the tie occurs at the end of the complete game of 50 minutes

6 If owing to any reason a match is not completed, the match will be replayed

7 'Time out' may be called by the Captain of the Team in the event of an injury to a player. Such 'Time out' period shall not however, exceed more than two minutes. If the player is seriously injured and in the opinion of the referee, is unable to play he may be replaced by one extra. Maximum two players can be substituted at the end of the first game i.e. in the interval and with the permission of the referee

8 A side can start a match with one or two players less in their team, but (a) when all the players of their side are out, absentees shall be counted as out and a lona scored against the side, (b) when the absentees come, they shall enter the play



with the permission of the referee, (c) substitutes can be taken in the place of the absent players at any time, but when they are thus taken no change of players shall be allowed afterwards until the end of that match (d) if a match is replayed, the players need not be the same again

9 Doping shall not be allowed, Nails must be closely clipped All players shall be suitably numbered at their back and front with at least four inches length of the number The minimum dress of a player shall be a banyan and shorts with Jangi or Langot inside Application of oil or any soft substance to the body or limb shall not be allowed No metal shall be worn Canvas Tennis shoes with plain rubber soles and socks may be used if and when necessary

10 No players shall instruct in the course of play except the captain or leader who may speak to his players in his own half, only

## OFFICIALS

1 The Officials shall be a Referee, two Umpires, two Lines men and a Scorer only

2 The decision of the Umpire on the field shall be final generally but in special circumstances the Referee may overrule the decision of the Umpire in the best interest of the game even if there is no disagreement between the two Umpires

3 The referee shall have the power to warn, declare point against, or to disqualify from the match any player, or team committing any of the following or other gross violations of sportsmanship and fouls

- (a) Persistently address the officials in regard to decision
- (b) Make derogatory remarks about or to the officials
- (c) Act derogatory to the officials or action leading to influence their decision
- (d) Make personal or derogatory remarks about or to opponents

Fouls 1 A player shall not attempt to stifle a 'Raider's Cant' by shutting his mouth or throttling or by any other way

2 Violent tackling leading to the injuries to the body

3 To hold the Raider with the help of scissors *operated by LEGS*

4 A team which takes more than five seconds to send the raider.

5 No coaching from outside should be given by the coaches or players. The officials and coaches shall not be allowed inside the arena during the course of the game. The Umpire may award points for violation of this Rule.

6. The Umpire or the Referee shall declare such persons out by shouting the number of the person. No whistle shall be blown as long as the raid continues.

7 The Referee shall

(a) decide the points about the Interpretation of Rules

(b) announce the score of each side at the end of each half and at the end of the Match he shall declare the points and the winner

(c) supervise in general the conduct of the whole Match

(d) He will also keep the time and shall start and end the game by his whistle

8 The scorer shall

(a) fill in the score sheet and announce the score with the permission of the Referee, at the end of half and at the end of Match

(b) complete the score sheet and get it duly signed by the Referee and Umpires.

(c) all the points scored by any player of the team will be scored in 'Running Score' on his respective side on the score sheet vertically (I)

(d) points scored for 'Iona' should be scratched horizontally (—)

(e) time out by any team be indicated by T against the team concerned (T)

(f) keep and note the timings in the score sheet at the beginning and end of (i) each half, (ii) time-outs, (iii) team scoring first point in the first game

(g) extra points awarded by the Referee or Umpire should be encircled in the running score O

(h) Linesman Keep record of those who are out in their order of being out. They will see that the players are seated in a place indicated. The players who are out, are seated in a block reserved for them outside the end lines. He shall keep

## SCORE SHEET

## TOURNAMENT

Loss	Date	Time	Choice of the winner team	Ground	Round	First point
Team						Scored by
Time out	No of Substitute	Place	1st Team	No of Substitute		Time out
No	No					
1	1					
2	2					
3	3					
4	4					
5	5					
6	6					
7	7					
8	8					
9	9					
10	10					
11	11					
12	12					
1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20				
21 22 23 24 25 26 27 28 29 30 31 32	33 34 35 36 37					
38 39 40 41 42 43 44 45 46 47 48 49 50						
1st Innings	2nd Innings	Total Score --	Team won by	Umpires	1st Innings	2nd Innings
Results	Score				Points	Total Score --
						Referee

**LINESMEN'S RECORD SHEET**

## TOURNAMENT

Time

Scores of \_\_\_\_\_ Team \_\_\_\_\_

Team \_\_\_\_\_

## Team

Number out

Number Revived

Number out

Number Revived

Number out

Number Revived

## Linesmen &

Assistant Scorer-----

**Signature**

Date-----

record of the players who are revived. He will help the Umpires in their duties.

**NOTE** The size of Waiting Block should be 2m x 8m at a distance of 2 metres from the end lines.

9 (a) The scorer shall announce the score at interval and may announce the time of each minute of the last five minutes.

(b) The Referee shall have his watch synchronised with the scorer's watch before the commencement of the match. Referee's watch will be the official time.

# KHO-KHO

## A GAME OF CHASE

*(Rules as adopted by the Akhil Maharashtra  
Shareerika Shikshana Mandal)*

### THE PLAYFIELD

1 The Kho Kho field is rectangular and measures 34 metres by 16 metres

2 X and Y are two rectangles. One side of the rectangle is 16 metres (breadth of the playfield) and the other side is 4.8 metres

3 At M and N there shall be two wooden poles

4 M N is a central lane 24.4 metres long and 30 cm wide. There are eight small squares 30 cm by 30 cm on the lane (G). The centre of each square is at a distance of 2.7 metres from the centre of its adjacent square

5 There are eight cross lanes which lie across the small squares and each of which is 16 metres in length and 30 cm in breadth, at right angles to the central lane and divided equally into two parts of 7.85 m each by the central lane (A B)

### DEFINITIONS

1 **Posts** Two wooden posts shall be fixed at M and N as shown in the diagram. They shall be 120 cm above the ground and their circumference shall be from 30 to 40 cm

2 **Central Lane** The rectangle 24.4 metres long and 30 cm broad between the posts M and N is known as the Centre Lane

3 **Cross Lane** Each of the rectangles 16 metres long and 30 cm broad, intersecting the central lane at right angles at regular intervals and—itsself being—divided into two halves, is known as a cross lane

4 **Square** Each of the rectangles 30 cm  $\times$  30 cm which is formed by the intersection of the Central Lane and the cross lane is known as a square

5 **The Line of the Post** The line, which goes, through the centre of the post and is parallel to the cross lanes, is known as the line of the post

6 **The Rectangle** The field outside the line of the post is known as the rectangle

7 **The Limits** The two side lines at a distance of 7.85 m from the central lane (and parallel to that lane) and the lines forming the outer boundary of the two rectangles are known as the limits

8 **Chaser** The players sitting in the squares are known as chasers

8 (a) **An Active Chaser** An active chaser is a player who pursues the players of the opposite side (i.e. runners with a view to tag and touch them)

9 **Runners** The players of the side other than the chasers are known as runners

10 **To Give Kho** To give kho perfectly, an active chaser should utter the word 'Kho' loudly and distinctly as soon as he/she touches the sitting chaser by hand from behind a sitting chaser

**Note** The actions of touching and uttering should be simultaneous. If either of the actions of touching by hand or uttering the word 'Kho' is preceded or succeeded by the other it will be deemed as a foul. Single action of either touching or uttering will be considered as a foul

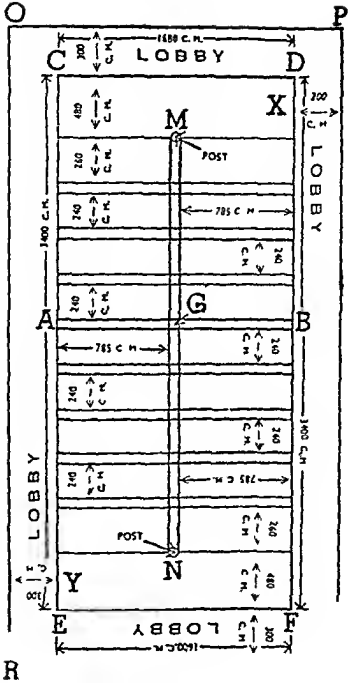
11 **Foul** If a sitting or an active chaser violates (commits the breach of) any rule, it is known as a foul. A foul is to be declared by a continuous 'short' whistle until the foul is corrected

12 **To take a direction** To go from one post to another post is known as taking a direction

13 **To turn the face** When an active chaser, while going in a particular direction turns his/her shoulder line (the imaginary line joining his/her shoulders) through more than a right angle to the direction, he/she is said to have turned the face and this is a foul

14 **To Recede** When an active chaser, while going in a particular direction goes in the opposite direction he/she is said to have receded. And it is a foul

15 **To Leave the Post line** When an active chaser lets go his/her hold or touch of a post or goes beyond and leaves





the rectangle either these actions are known as leaving the post line

**16 Foot Out** When both the feet of a runner are touching the ground outside the limits he/she is said to have placed his/her feet out. And he/she is out.

**NOTE** If any part of the foot is touching the ground inside the limits the foot is not out. If the whole of the body is in the air outside the limits the foot is not out.

**17 Lona (game)** When all the runners are out a lona is said to be scored against the runners by the chasers.

### RULES OF THE PLAY

1 The playfield shall be marked as given in the diagram.

2 The captain of the side winning the toss shall choose either chasing or running and inform the same to the referee. All the chasers except one shall sit on the square in such a way that no two adjacent chasers face in the same direction. The ninth chaser (active chaser) shall stand at either of the posts to start the pursuit.

3 No part of the body of an active chaser shall touch the ground of the central lane or beyond it. An active chaser shall not cross the central lane from inside the posts (from the side of the posts near which the central lane is marked).

4 If a 'Kho' is to be given it shall be given from behind a seated chaser. (It shall be given in a sufficiently loud tone so that the runners can hear). The seated chaser shall not get up without getting kho. An active chaser shall not give kho by touching the arm or leg extended by a seated chaser.

5 If an active chaser goes beyond the cross lane of the square on which a chaser is sitting and if he/she has let go his/her hold of that sitting chaser the active chaser shall not give him/her Kho. An active chaser shall not recede to give kho.

6 If an active chaser violates any of the rules 3, 4 and 5 the umpire shall declare a foul by blowing a short whistle continuously and shall compel immediately the active chaser (any one who is then actively chasing) to go in a direction opposite to that in which the active chaser himself or herself is going. Immediately on hearing the signal given by the umpire by his/her whistle, the active chaser shall stop and take the direction indicated by the umpire, and if the runner thereby

becomes out, he shall be declared 'NOT OUT' and 'he active chaser shall have to follow the direction indicated by the umpire

7 An active chaser shall sit down immediately after giving kho on the square of the chaser to whom kho is given

8 After getting a kho an active chaser shall go in the direction, which he/she has taken, by going beyond the cross lane of the square on which he/she was sitting He/she shall not recede

NOTE As long as any part of the foot of a player is touching the ground of a cross lane he/she has not gone beyond the lane An active chaser has receded if any part of his/her body touches the ground behind him/her (i.e. on the part of the ground beyond which he/she has gone) in the direction opposite to that which he/she has taken

9 An active chaser shall take the direction to which he/she turns his/her face, i.e. he/she turns his/her shoulder line (the imaginary line going across the shoulders) He/she shall not recede

10 An active chaser shall take the direction according to one of the actions mentioned in rules 8 and 9 which he/she has performed first.

11 When an active chaser has once taken a direction to the post at M or N, he/she shall go in that direction up to the line of that post unless he/she gives kho before that An active chaser shall not go to the other side of the central lane, unless he/she turns round the post from outside

12 If an active chaser has left a post he/she shall go in the direction of the other post, remaining on that side of the central lane where he/she was when he/she left the post

NOTE When at a post an active chaser shall not cross the central lane

13 The face (shoulder line) of an active chaser shall be in the direction which he/she has taken He/she shall not turn his/her face He/she shall be allowed to turn the shoulder line up to a position parallel to the centre lane

14 The chaser shall sit in a manner which shall not obstruct the runners If a runner becomes out by such an obstruction, he/she shall not be declared out

15 The rules about taking the direction and turning the face shall not be applicable to the area of the rectangles rules Nos 8 to 10 and 13)

16 During an innings an active chaser may go outside the limits but he/she shall observe all the rules about taking directions and turning face even when outside the limits

17 A runner shall not touch a seated chaser. If he/she does so he/she shall be warned once. If he/she repeats the same he/she shall be given out.

18 A runner shall be out if both of his/her feet go outside the limits.

NOTE: If both of the feet of a runner are outside the limits the rest of the body being inside it shall be considered that the feet are out.

19 A runner shall be out if he/she is touched by hand by an active chaser without violating any rules.

20 The active chaser and the other chasers shall not violate any of the rules Nos 3 to 13 both inclusive. It shall be a foul if any rule is violated. If a player is out as a result of such a foul or if a foul is committed immediately as a result of the action taken in putting a runner out the runner shall be declared not out.

21 An umpire shall compel immediately an active chaser to take the proper direction or to do the proper action if he commits a foul by violating any of the rules Nos 7 to 13 both inclusive.

## RULES ABOUT MATCHES

22 Each side shall consist of 9 players.

23 (a) An innings will consist of chasing and running turns which shall be of seven minutes. Each match will consist of two innings.

(b) The runners shall fix and record with the scorer their names in their order of playing. At the beginning of a turn the first 3 players shall be inside the limits. Immediately on these three being out the next three shall enter, immediately before kho is given. Those who fail to enter within that period shall be declared out. The players who shall be entering out of turn shall also be declared as out. This will continue till the end of the turn. The active chaser, who has put out the third runner (in each group of three who enter) shall not pursue a new entering runner. He shall give kho. Each side shall enter their runners in the field from one side of the field only.

24 The chaser or runner shall have the option to end the turn before the allotted time. The captain of the chaser or runner shall inform the referee about the same and request him to stop the play and declare the turn closed. Immediately on this request the referee shall stop the play and close the turn. Until the referee has signalled to stop the play, the turn is not closed. There shall be an interval of 5 minutes after an innings and two minutes in between two turns.

25 The side of the chasers shall score one point for each runner who is out. If all the runners are out before the time, a lona is scored against them and they shall again send in the same order their runners to play as given in rule 23 (b). No extra point shall be given for scoring a lona. The play shall be continued in this manner until the time of the turn is over. The order of the runners shall not be changed during a turn.

26 In the knock-out system the side that scores more points at the end of the match shall be declared as winners. If the points are equal, one more innings (one turn for each side as chasers and runners) shall be played and if again the points are equal, the whole match shall be replayed and in the reply, the players need not be the same.

In the league system, the side that wins will score two league points and loser will score zero point. In case of a tie, both the sides will score one league point each. If there is a tie in league points scored in the league system the team or teams in the group will replay the match or matches after drawing a lot and the matches so arranged will be decided on knock-out system.

27 If a match is not completed for any reason, it shall be continued further at another time with the same players and the scores of the completed turns of each side shall be counted for the sides.

28 If the points of a side exceed the points of the other side by 12 or more, the former side shall have the option of requiring the latter side to follow on their innings as chasers, without forfeiting their right to take their innings as chasers afterwards, in case the other side exceeds their score.

29 A substitute in place of an injured player shall be allowed at the discretion of the referee.

## OFFICIALS FOR THE MANAGEMENT OF A MATCH

30 The following officials shall be appointed for the management of a match

Two Umpires a Referee a Time keeper and a Scorer

31 Umpires The umpire may stand in the lobby outside the original playfield and he shall watch the game in his ground which is divided by the Central Lane He shall also move in the lobby to watch the actions and movements of the chasers and runners He shall give all decisions in his half and also help the other umpire to give correct decisions in the other half The Umpire shall declare a foul and compel an active chaser to act up to the rules A foul is to be declared by an umpire by blowing a continuous short whistle till the foul is corrected An OUT is to be declared by short whistle

32 Referee The referee shall perform the following duties

(a) He shall help the umpires in the performance of their duties and shall give his final decision in case of any difference between them

(b) If a player intentionally obstructs the conduct of the play or behaves in an ungentlemanly or mischievous manner or intentionally violates the rules the referee shall at his discretion penalize the defaulting player The penalty at his discretion shall range according to the default from forbidding the defaulting player to the team from participating in further play

(c) He shall give decisions about any questions regarding the interpretation of rules if they arise

(d) He shall announce the scores of the sides at the end of the innings and also the result of the match

(e) He shall be responsible for the general supervision of the conduct of the play and the match

33 Time keeper He/she shall start the turn by blowing a whistle One long one short The end of the turn shall be declared by him/her blowing the whistle long He/she shall keep the record of the time and hand it over to the scorer at the end of each innings The duties of a Time keeper may be delegated to the referee or the scorer

34 Scorer He shall take the order of the runners from their captain and see that they enter the field in that order He shall keep a record of the runners who are out and make

them sit. At the end of a turn he shall write the score-sheet and shall prepare the score of the chasers. He shall at the end of the match complete the score sheet and prepare the scores of the two sides and the result of the match. He shall get the score sheet duly signed by the referee and the umpires. He shall hand over the score sheet to the referee for announcement at the end of each innings and the final score at the end of the match.

35 The officials of the match shall be appointed by the institution under whose auspices the match is arranged and they shall function under the guidance of the referee.

### AMATEUR KHO KHO FEDERATION OF INDIA SCORE SHEET

Date		Time	
Team	<i>Vs</i>	Team	
Toss won by		Choice	Chase/Defend
Referee		Umpires	1 2
Time keeper		Scorer	

Team	Team
1	1
To	To
9	9

### SCORE

1st Innings	2nd Innings	1st Innings	2nd Innings
Total Score		Total Score	
Result		Team won by	Points
Referee		Scorer	
Umpires		1	2

# LAWN TENNIS

## THE SINGLES GAME

1 The Court shall be a rectangle 78 feet (23.77 m) long and 27 feet (8.23 m) wide. It shall be divided across the middle by a net suspended from a cord or metal cable of a maximum diameter of  $\frac{1}{8}$  of an inch (8 cm) the ends of which shall be attached to or pass over the tops of two posts 3 feet 6 inches (1.07 m) high the centre of which shall be 3 feet (0.91 m) outside the Court on each side. The height of the net shall be 3 feet (0.914 m) at the centre where it shall be held down taut by a strap not more than 2 inches (5 cm) wide. There shall be a band covering the cord or metal cable and the top of the net for not less than 2 inches (5 cm) nor more than 2  $\frac{1}{2}$  inches (6.3 cm) in depth on each side. The lines bounding the ends and sides of the Court shall respectively be called the Baselines and the Side lines. On each side of the net at a distance of 21 feet (6.40 m) from it and parallel with it shall be drawn the Service lines. The space on each side of the net between the service line and the side lines shall be divided into two equal parts called the service-courts by the centre service line which must be 2 inches (5 cm) in width drawn half way between and parallel with the side lines. Each baseline shall be bisected by an imaginary continuation of the centre service line to a line 4 inches (10 cm) in length and 2 inches (5 cm) in width called The centre mark drawn inside the Court at right angles to and in contact with such base lines. All other lines shall be not less than 1 inch (2.5 cm) nor more than 2 inches (5 cm) in width except the base line which may be 4 inches (10 cm) in width and all measurements shall be made to the outside of the lines.

NOTE In the case of the International Lawn Tennis Championship (Davis Cup) or other Official Championships of the International Federation there shall be a space behind each baseline of not less than 21 feet (6.4 m) and at the sides of not less than 12 feet (3.66 m).

2 The permanent fixtures of the Court shall include not only the net posts cord or metal cable strap and band, but also where there are any such the back and side stops the

stands fixed or movable seats and chairs round the Court and their occupants all other fixtures around and above the Court, and the Umpire Net cord Judge, Foot fault Judge Linesmen and Ball Boys when in their respective places

**NOTE** For the purpose of this Rule the word Umpire comprehends the Umpire the persons entitled to a seat on the Court and all those persons designated to assist the Umpire in the conduct of a match

3 The ball shall have a uniform outer surface and shall be white or yellow in colour If there are any seams they shall be stitchless The ball shall be more than two and a half inches (6.35 cm) and less than two and five-eighths inches (6.67 cm) in diameter and more than two ounces (56.7 grams) and less than two and one sixteenth ounces (58.5 grams) in weight The ball shall have a bound of more than 53 inches (135 cm) and less than 58 inches (147 cm) when dropped 100 inches (254 cm) upon a concrete base The ball shall have a forward deformation of more than .220 of an inch (.56 cm) and less than .290 of an inch (.74 cm) and a return deformation of more than .350 of an inch (.89 cm) and less than .425 of an inch (1.08 cm) at 18 lb (8.165 kg) load The two deformation figures shall be the averages of three individual readings along three axes of the ball and no two individual readings shall differ by more than .030 of an inch (.08 cm) in each case All tests for bound, size and deformation shall be made in accordance with the Regulations in the Appendix hereto

4 The players shall stand on opposite sides of the net the player who first delivers the ball shall be called the Server and the other the Receiver

5 The choice of sides and the right to be Server or Receiver in the first game shall be decided by toss The player winning the toss may choose or require his opponent to choose

(a) The right to be Server or Receiver, in which case the other player shall choose the side, or

(b) The side in which case the other player shall choose the right to be Server or Receiver

6 The service shall be delivered in the following manner Immediately before commencing to serve, the Server shall stand with both feet at rest behind (i.e. further from the net than) the base line, and within the imaginary continuations of the centre mark and side-line The Server shall then project the ball by



hand into the air in any direction and before it hits the ground strike it with his racket, and the delivery shall be deemed to have been completed at the moment of the impact of the racket and the ball. A player with the use of only one arm may utilize his racket for the projection.

7 The Server shall throughout the delivery of the service

(a) Not change his position by walking or running

(b) Not touch with either foot any area other than that behind the base line within the imaginary extension of the centre mark and side line

NOTE The following interpretation of Rule 7 was approved by the International Federation on 9th July 1958

7 (a) The Server shall not by slight movements of the feet which do not materially affect the location originally taken up by him, be deemed to change his position by walking or running

(b) The word foot means the extremity of the leg below the ankle

8 (a) In delivering the service, the Server shall stand alternately behind the right and left Courts beginning from the right in every game. If service from a wrong half of the Court occurs and is undetected all play resulting from such wrong service or services shall stand, but the inaccuracy of station shall be corrected immediately it is discovered

(b) The ball served shall pass over the net and hit the ground within the Service Court which is diagonally opposite, or upon any line bounding such Court, before the Receiver returns it

9 The Service is a fault (a) If the Server commit any breach of Rules 6, 7 or 8, (b) If he miss the ball in attempting to strike it, (c) If the ball served touch a permanent fixture (other than the net, strap or band) before it hits the ground

10 After a fault (if it be the first fault) the Server shall serve again from behind the same half of the Court from which he served that fault, unless the service was from the wrong half, when, in accordance with Rule 8, the Server shall be entitled to one service only from behind the other half. A fault may not be claimed after the next service has been delivered

11 The Server shall not serve until the Receiver is ready. If the latter attempt to return the service he shall be deemed

ready. If, however, the Receiver signify that he is not ready, he may not claim a fault because the ball does not hit the ground within the limits fixed for the service.

12. In all cases where a let has to be called under the rules or to provide for an interruption to play, it shall have the following interpretations:

(a) When called solely in respect of a service that on service only shall be replayed.

(b) When called under any other circumstance, the point shall be replayed.

13. The service is a let:

(a) If the ball served touch the net, strap or band, and is otherwise good, or, after touching the net, strap or band, touch the Receiver or anything which he wears or carries before hitting the ground.

(b) If a service or a fault be delivered when the Receiver is not ready (see Rule 11).

In case of a let, that particular service shall not count, and the Server shall serve again, but a service let does not annul a previous fault.

14. At the end of the first game the Receiver shall become Server, and the Server Receiver; and so on alternately in all the subsequent games of a match. If a player serve out of turn, the player who ought to have served shall serve as soon as the mistake is discovered, but all points scored before such discovery shall be reckoned. If a game shall have been completed before such discovery, the order of service remains as altered. A fault served before such discovery shall not be reckoned.

15. A ball is in play from the moment at which it is delivered in service. Unless a fault or a let be called it remains in play until the point is decided.

16. The Server wins the point:

(a) If the ball served, not being a let under Rule 13, touch the Receiver or anything which he wears or carries, before it hits the ground;

(b) If the Receiver otherwise loses the point as provided by Rule 18.

17. The Receiver wins the point (a) If the Server serve two consecutive faults; (b) If the Server otherwise lose the point as provided by Rule 18.

18 A player loses the point if

(a) He fail, before the ball in play has hit the ground twice consecutively to return it directly over the net (except as provided in Rule 22 (a) or (c)) or

(b) He return the ball in play so that it hits the ground a permanent fixture or other object outside any of the lines which bound his opponent's Court (except as provided in Rule 22 (a) and (c)) or

(c) He volley the ball and fail to make a good return even when standing outside the Court or

(d) He touch or strike the ball in play with his racket more than once in making a stroke or

(e) He or his racket (in his hand or otherwise) or anything which he wears or carries touch the net posts cord or metal cable strap or band or the ground within his opponent's Court at any time while the ball is in play or

(f) He volley the ball before it has passed the net or

(g) The ball in play touch him or anything that he wears or carries except his racket in his hand or hands or

(h) He throws his racket at and hits the ball

19 If a player commits any act either deliberate or involuntary which in the opinion of the Umpire hinders his opponent in making a stroke the Umpire shall in the first case award the point to the opponent and in the second case order the point to be replayed

20 A ball falling on a line is regarded as falling in the Court bounded by that line

21 If the ball in play touch a permanent fixture (other than the net posts cord or metal cable strap or band) after it has hit the ground the player who struck it wins the point if before it hits the ground his opponent wins the point

22 It is a good return

(a) If the ball touch the net posts cord or metal cable strap or band provided that it passes over any of them and hits the ground within the Court, or

(b) If the ball served or returned hit the ground within the proper Court and rebound or be blown back over the net and the player whose turn it is to strike reach over the net and play the ball provided that neither he nor any part of his clothes

or racket touch the net, posts, cord or metal cable, strap or band or the ground within his opponent's Court, and that the stroke be otherwise good, or

(c) If the ball be returned outside the post, either above or below the level of the top of the net, even through it touch the post, provided that it hits the ground within the proper Court, or

(d) If a player's racket pass over the net after he has returned the ball, provided the ball pass the net before being played and be properly returned, or

(e) If a player succeeds in returning the ball served or in play, which strikes a ball lying in the Court

**NOTE TO RULE 22.** In a singles match if for the sake of convenience a doubles Court be equipped with singles posts for the purpose of a singles game then the doubles posts and those portions of the net cord or metal cable and band outside such singles posts shall at all times be permanent fixtures and are not regarded as posts or parts of the net of a singles game

A return that passes under the net cord between the singles and adjacent doubles post without touching either net cord net or doubles post and falls within the area of play is a good return

23 In case a player is hindered in making a stroke by anything not within his control except a permanent fixture of the Court or except as provided for in Rule 19, a let shall be called

24 If a player wins his first point the score is called 15 for that player on winning his second point the score is called 30 for that player, on winning his third point, the score is called 40 for that player and the fourth point won by a player is scored game for that player except as below

If both players have won three points, the score is called deuce, and the next point won by a player is scored advantage for that player If the same player win the next point, he wins the game if the other player wins the next point the score is again called deuce and so on, until a player wins the two points immediately following the score at deuce, when the game is scored for that player

25 A player (or players) who first wins six games wins a set, except that he must win by a margin of two games over his opponent and where necessary a set shall be extended until the margin be achieved

26 The players shall change sides at the end of the first, third and every subsequent alternate game of each set, and at the end of each set unless the total number of games in such set even, in which case the change is not made until the end of first game of the the next set

27 The maximum number of sets in a match shall be 5, or, where women take part, 3

28 Except where otherwise stated, every reference in these Rules to the masculine includes the feminine gender

29 In matches where an Umpire is appointed, his decision shall be final, but where a Referee is appointed, an appeal shall lie to him from the decision of an Umpire on a question of law, and in all such cases the decision of the Referee shall be final

In matches where assistants to the Umpire are appointed (linesmen, net cord judges, foot fault judges) their decisions shall be final on questions of fact When such an assistant is unable to give a decision he shall indicate this immediately to the Umpire who shall give a decision When an Umpire is unable to give a decision on a question of fact he shall order the point to be replayed

In Davis cup matches only, the decision of an assistant to the Umpire, or of the Umpire if the assistant is unable to make a decision can be changed by the Referee, who may also authorise the Umpire to change the decision of an assistant or order a point to be replayed

The Referee, in his discretion, may at any time postpone a match on account of darkness or the condition of the ground or the whether In any case of postponement the previous score and previous occupancy of Courts shall hold good, unless the Referee and the players unanimously agree otherwise

30 Play shall be continuous from the first service till the match be concluded, provided that after the third set or when women take part, the second set, either player is entitled to a rest, which shall not exceed 10 minutes, or in countries situated between Latitude 15 degrees North and Latitude 15 degrees South, 45 minutes and provided further that when necessitated by circumstances not within the control of the players, the Umpire may suspend play for such a period as he may consider necessary If play be suspended and be not resumed until a later day the rest may be taken only after the third set (or

when women take part the second set) of play on such later day, completion of an unfinished set being counted as one set. These provisions shall be strictly construed and play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his strength or his wind, or to receive instruction or advice. The Umpire shall be the sole judge of such suspension delay or interference and after giving due warning he may disqualify the offender.

NOTES (a) Any Nation is at liberty to modify the first provision in Rule 30 or omit it from its regulations governing tournaments matches or competitions held in its own country other than the International Lawn Tennis Championships (Davis Cup and Federation Cup).

(b) When changing sides a maximum of one minute shall elapse from the cessation of the previous game to the time players are ready to begin the next game.

## THE DOUBLES GAME

31 The above Rules shall apply to the Doubles Game except as below.

32 For the Doubles Game, the Court shall be 36 feet (10.97 m) in width, i.e.  $4\frac{1}{2}$  feet (1.37 m) wider on each side than the Court for the Singles Game, and those portions of the singles side lines which lie between the two service lines shall be called the service side lines. In other respects the Court shall be similar to that described in Rule 1, but the portions of the singles side lines between the base line and service line on each side of the net may be omitted if desired.

33 The order of serving shall be decided at the beginning of each set as follows.

The pair who have to serve in the first game of each set shall decide which partner shall do so and the opposing pair shall decide similarly for the second game. The partner of the player who served in the first game shall serve in the third, the partner of the player who served in the second game shall serve in the fourth, and so on in the same order in all the subsequent games of a set.

34 The order of receiving the service shall be decided at the beginning of each set as follows.

The pair who have to receive the service in the first game shall decide which partner shall receive the first service, and that partner shall continue to receive the first service in every odd game throughout that set. The opposing pair shall likewise

decide which partner shall receive the first service in the second game and that partner shall continue to receive the first service in every even game throughout that set. Partners shall receive the service alternately throughout each game.

35 If a partner serve out of his turn, the partner who ought to have served shall serve as soon as the mistake is discovered, but all points scored and any faults served before such discovery shall be reckoned. If a game shall have been completed before such discovery, the order of service remains as altered.

36 If during a game the order of receiving the service is changed by the receivers it shall remain as altered until the end of the game in which the mistake is discovered but the partners shall resume their original order of receiving in the next game of that set in which they are receivers of the service.

37 The service is a fault as provided for by Rule 9, or if the ball touch the Server's partner or anything which he wears or carries but if the ball served touch the partner of the Receiver or anything which he wears or carries not being a let under Rule 13 (a) before it hits the ground the Server wins the point.

38 The ball shall be struck alternately by one or other player of the opposing pairs and if a player touches the ball in play with his racket in contravention of it is Rule his opponents win the point.

## APPENDIX

### *Regulations for making tests specified in Rule 3*

(1) Unless otherwise specified all tests shall be made at a temperature of approximately 68 Fahrenheit (20 Centigrade) and a relative humidity of approximately 60 per cent. All balls should be removed from their container and kept at the recognised temperature and humidity for 24 hours prior to testing and shall be at that temperature and humidity when the test is commenced.

(1) Unless otherwise specified the limits are for a test conducted in an atmospheric pressure resulting in a barometric reading of approximately 30 inches (76 cm.)

(1) Other standards may be fixed for localities where the average temperature, humidity or average barometric pressure at which the game is being played differ materially from 68 Fahrenheit (20 Centigrade) 60 per cent and 30 inches (76 cm.) respectively.

Applications for such adjusted standards may be made by any National Association to the International Lawn Tennis Federation and if approved shall be adopted for such localities

(iv) In all tests for diameter a ring gauge shall be used consisting of a metal plate preferably non-corrosive of a uniform thickness of one eighth of an inch (3.175 mm) in which there are two circular openings 2.975 inches (75.4 mm) and 2.700 inches (68.6 mm) in diameter respectively. The inner surface of the gauge shall have a convex profile with a radius of one sixteenth of an inch (1.6 mm). The ball shall not drop through the smaller opening by its own weight and shall drop through the larger opening by its own weight.

(v) In all tests for deformation conducted under Rule 3 the machine designed by Percy Herbert Stevens and patented in Great Britain under Patent No. 230250 together with the subsequent additions and improvements thereto including the modifications required to take return deformations shall be employed or such other machine which is approved by a National Association and gives equivalent readings to the Stevens machine.

(vi) Procedure for carrying out tests

(a) Pre compression. Before any ball is tested it shall be steadily compressed by approximately one inch (2.54 cm) on each of three diameters at right angles to one another in succession this process to be carried out three times (nine compressions in all). All tests to be completed within two hours of pre compression.

(b) Bound test (as in Rule 3). Measurements are to be taken from the concrete base to the bottom of the ball.

(c) Size test (as in paragraph (iv) above)

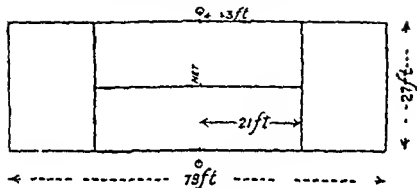
(d) Weight test (as in Rule 3)

(e) Deformation test. The ball is placed in position on the modified Stevens machine so that neither platen of the machine is in contact with the cover seam. The contact weight is applied the pointer and the mark brought level and the dial set to zero. The test weight equivalent to 18 lb (8.165 kg) is placed on the beam and pressure applied by turning the wheel at a uniform speed so that five seconds elapse from the instant the ball leaves its seat until the pointer is brought level with the mark. When turning ceases the reading is recorded (forward deformation). The wheel is turned again until figure ten is reached on the wheel scale (one inch (2.54 cm) deformation). The wheel is then rotated in the opposite direction at a uniform speed (thus releasing pressure) until the beam pointer again coincides with the mark. After waiting ten seconds the pointer is adjusted to the mark if necessary. The reading is then recorded (return deformation). This procedure is repeated on each ball across the two diameters at right angles to the initial position and to each other.

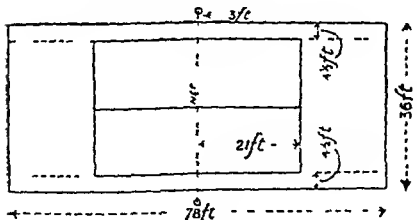


PLANS OF THE COURTS

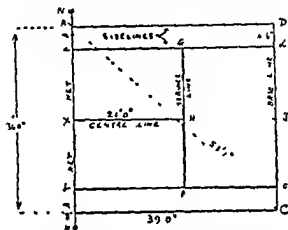
*The Singles Court*



*The Doubles Court*



## SUGGESTIONS ON HOW TO MARK OUT A COURT



The following procedure is for the usual combined Doubles and Singles Court (See note at foot for a Court for one purpose only)

First select the position of the net, a straight line 42 feet (12.8 m) long. Mark the centre (X on the diagram above) and, measuring from there in each direction, mark

at 13' 6" (4.11 m) the points a, b, where the net crosses the inner sidelines,

at 16' 6" (5.03 m) the positions of the singles posts (n, n)

at 18' 0" (5.49 m) the points A, B, where the net crosses the outer sidelines

at 21' 0" (6.40 m) the positions of the net posts (N, N), being the ends of the original 42' 0" (12.8 m) line

Insert pegs at A and B and attach to them the respective ends of two measuring tapes. On one, which will measure the diagonal of the half-court, take a length of 53' 1" (16.18 m) and on the other (to measure the sideline) a length of 39' 0" (11.89 m). Pull both taut so that at these distances they meet at a point C, which is one corner of the Court. Reverse the measurements to find the other corner D. As a check on this operation it is advisable at this stage to verify the length of the

line CD which being the base line should be found to be 36 0' (10.97 m) and at the same time is centre J can be marked and also the ends of the inner sideline (c d) 4 6' (1.37 m) from C and D

The centre line and service line are now marked by means of the points F, H, G which are measured 21 0' (6.40 m) from the net down the lines bc, XJ and respectively

Identical procedure the other side of the net completes the Court

NOTE: (i) If a Singles Court only is required no lines are necessary outside the points a, b, c, d but the Court can be measured as above. Alternatively the corners of the base line (c, d) can be found if preferred by pegging the two tapes at a and b instead of at A and B and by then using lengths of 47 5' (14.46 m) and 39 0' (11.89 m). The net posts will be at n, n and a 33 0' (10 m) singles net should be used.

(ii) When a combined Doubles and Singles Court is to be used for singles and it is not intended to move the net posts and use a 33 0' (10 m) net the ordinary 47 0' (14.3 m) doubles net must be strung up at the points n, n 3 0' (10.91 m) outside the singles sidelines by means of 3 6' (1.07 m) singles posts. To assist in the placing of these singles posts it is desirable that the points n, n should each be shown with a white dot when the court is marked.

# NETBALL

*Official Rules of the International Federation  
of Women's Basketball and Netball  
Associations (As amended  
August 1967)*

## SECTION I—ORGANISATION OF GAME

### 1 Equipment

#### A The Court

(i) The Court shall be 100 feet long and 50 feet wide and marked clearly with lines. The longer sides shall be called side lines and the shorter sides goal lines.

(ii) The court shall be divided by two lines into three equal parts: a centre third and two goal thirds.

(iii) A semi-circle shall be drawn in each goal third, its centre being at the middle of the goal line and its radius 16 feet, the space enclosed by the semi-circle shall be called the shooting circle.

(iv) The centre of the court shall be marked by a circle 3 feet in diameter. This shall be called the centre circle.

(v) All lines are part of the court and shall be not more than 2 inches wide.

#### B The Goalposts

(i) The goalposts shall be placed one in the middle of each goal line.

(ii) Each goalpost shall consist of a vertical post from which a metal ring shall project horizontally six inches from the supporting surface, with a diameter of 15 inches and ten feet from the ground. The ring shall be provided with a net open at both ends. The top of the post shall be on a level with the ring.

(iii) The post may be supported by a socket in the ground or by a metal base which should, if possible, not project on to the court.

#### C The Ball

The ball shall be a netball. That is, an Association football size 5 or a basketball between 27 and 28 inches in

and between 14 and 16 ounces in weight and well inflated. The ball may be made of sewn or moulded leather or moulded rubber.

#### D Shoes

Spiked shoes may not be worn.

2 Duration of play (i) The game shall consist of four quarters of 15 minutes each with an interval of 3 minutes between the first second and third fourth quarters and with a maximum of 10 minutes at half time. Teams shall change ends each quarter.

(ii) Where any one team plays two or more matches in one day or where time is limited the game shall consist of two halves of 20 minutes each with a maximum 5 minute interval at half time. Teams shall change ends at half time.

(iii) Time lost for an accident or any other cause must be noted and added to that quarter of the game. In no case shall extra time be allowed except to take a penalty shot.

(iv) In certain climatic conditions the duration of play for International matches shall be determined by the countries concerned.

3 The team A team shall consist of seven players.

Goal Shooter — G S	Wing Defence — W D
Goal Attack — G A	Centre — C
Wing Attack — W A	Goal Defence — G D
	Goal Keeper — G K

4 Officials All umpires official scorers and official time keepers at International matches shall be women.

Umpires There shall be two umpires who shall have control of the game and give decisions. The decisions of the umpires shall be final and shall be given without appeal. Each umpire shall

(i) Control and give decisions in half the court. For this purpose the length of the court is divided in half across the centre from side line to side line.

(ii) Give decisions for the throw in for the whole of one side line and one goal line and shall restart the game after all goals scored in her half of the court.

(iii) Umpire in the same half of the court throughout the match.

(iv) Keep outside the court except when it is necessary to enter it to secure a clear view of the play, or to give a throw up

(v) Keep moving along the side line, and behind the goal line to see play in the circle

(vi) Be ready to give decisions outside her half if appealed to by the other umpire

(vii) Not penalise an infringement when by so doing she would place the non offending team at a disadvantage

### 5. Captains The Captains shall

(i) toss for choice of goal or first Centre Pass, and notify the umpires of the result

(ii) during an interval or after an injury notify the umpires and the opposing captain if they wish to change the position of players

6 Substitutes When a player is hurt, a stop of up to 5 minutes is allowed to decide whether the injured player is fit to continue play

A substitute for injury or illness is allowed but once the substitute has played the injured or sick player may not return

Late arrivals may enter the game only after the play in progress has resulted in a goal The player must first notify the umpire

7 Position of players for Recognition At the beginning of a match, before the umpire gives the ball to the player in the centre circle, the players shall take up the following positions on the court, for recognition by the umpire

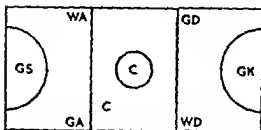
(i) Goal Shooter and Goal Keeper in the appropriate goal circles

(ii) Goal Attack and Goal Defence on the right hand of the goal third as they face the centre

(iii) Wing Attack and Wing Defence on the left hand side of the goal third as they face the centre

(iv) Both Centres in the centre third

When the Umpire has recognised the positions of players she shall give the ball to the appropriate Centre and other players are free to move



Position of Players for recognition at beginning of match

### 8 Position of Players for Start of Play

*A* (i) The Centre in possession of the ball shall stand within the centre circle

(ii) The opposing Centre shall be in the centre third, but not closer than 3 feet from the edge of the centre circle, before the whistle is blown

(iii) All other players shall be in their own playing area in the goal third in which they line up and free to move but until the whistle is blown only in that area

### *B Start of play*

(i) Play shall be started by a centre pass taken alternately through out the game by the Centres that is after each goal or after intervals

(ii) The Umpire shall blow the whistle when she is satisfied that the appropriate Centre is wholly within the centre circle and in possession of the ball and the other players in their correct areas

### *C Centre pass*

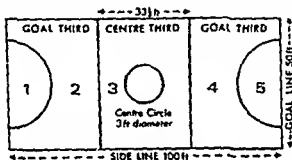
(i) When the whistle is blown the Centre in possession of the ball must pass it within 3 seconds and obey the footwork rule

(ii) The first pass shall be caught or touched by another player who is standing or who lands within the centre third

A player who lands with her first foot wholly within the centre third is deemed to have received the ball in that third. Her subsequent throw shall be considered to have been made from the centre third

*Penalty for C* Free pass to the opposing team taken where the infringement occurred. If the ball goes untouched into the goal third, the penalty must be taken inside the centre third at the spot where the ball crossed the line.

## 9 Playing Areas



*A* The playing area for each player is listed below

Goal Shooter	—	1,	2			
Goal Attack	—	1,	2,	3		
Wing Attack	—		2,	3		
Centre	—		2,	3,	4	
Wing Defence	—			3,	4	
Goal Defence	—			3,	4,	5
Goal Keeper	—				4,	5

Lines bounding each area are included as part of that area

*B* Positions of players may be changed only

(i) during an interval

(ii) after stoppage caused by an injury or illness

## 10 Offside

*A* A player with or without the ball shall be offside if she enters any area other than her playing area

A player is considered to have entered an offside area if any part of her touches the ground beyond the line bounding her playing area.

She may reach over and take the ball from her offside area, provided that she does not touch the ground in that area

*Penalty.* A free pass to the opposing team which shall be taken.



(i) from the place in the offside area where the infringement occurred,

(ii) by a player allowed in that area

### *B Simultaneous Offside*

When any two opposing players go offside at the same moment

(i) if neither makes any contact with the ball, they are not penalised

(ii) if one of them is in possession of the ball or touches it, a throw-up is given in their own area of play

(iii) if both of them are in possession of the ball or touch it, a throw-up is given in their own area of play

(iv) if they are from adjoining playing areas, a throw-up is given in the centre third, between two players allowed in that area

## 11 Out of Court

*A* The ball is out when

(i) it touches the ground outside the court,

(ii) it touches an object or person in contact with the ground outside the court,

(iii) it is held by a player in contact with the ground outside the court

A ball which hits any part of the goal post and rebounds into play is not out of court,

*B.* A player in contact with the ball is out of court when

(i) she touches the ground outside the boundary line,

(ii) she touches any object or person outside the boundary line

A player having no contact with the ball may stand or move out of court, but from contact with the ground out of court she may not jump to play the ball

## 12. The Throw In

*A* When it goes out of court, the ball shall be put into play by a member of the team opposing either .

(i) the player who last had contact with the ball, OR

(ii) the player who received the ball with any part of her touching the ground outside the court

The player throwing the ball in must :

(i) throw from immediately behind the point where the ball crossed the line except after an unsuccessful shot at goal

when the ball goes clearly out of court without being touched in this case the throw may be made from any point behind that part of the goal line which marks the goal circle,

(ii) pause before throwing,

(iii) throw not later than 3 seconds after the umpire has indicated that all players are on the court,

(iv) not enter the court until the ball has left her hands

(v) throw into the nearest third of the court from behind the goal lines, or the nearest or adjacent third from behind the side lines,

(vi) throw only from behind the line bounding her own playing area.

*Penalty Throw* in by the opposing team except in (v) when the penalty is a free pass taken as indicated in diagram on page 27.

*B* If the ball is sent out of court simultaneously by two players in opposing teams, or the umpire cannot decide who touched the ball last, there shall be a throw up between two opposing players on the court, opposite the point where the ball went out.

*C* When the ball from a throw in goes out of court without being touched, a throw in shall be taken from behind the point where the ball last went out.

## SECTION II—METHODS OF PLAY

### 1. Playing the Ball

*A* A player may

(i) catch the ball with one or both hands,

(ii) gain or regain control of the ball if it rebounds from the goalpost,

(iii) bat or bounce to another player a ball that comes within her reach without first having possession of it,

(iv) either catch the ball or direct the ball to another player having tipped the ball in an uncontrolled manner into the air once or more than once,

or batted the ball once,

or bounced the ball once,

*B.* When a player has caught or held the ball she may :

(i) throw it in any manner and in any direction to another player.

(ii) bounce it with one or both hands in any direction to another player

**C** When a player has caught or held the ball she must play it or shoot for goal within three seconds

**D** When a player has caught or held the ball she may not

(i) roll the ball

(ii) throw the ball and play it before it has been touched by another player except after an unsuccessful shot at goal

(iii) toss the ball into the air and catch it again

(iv) drop the ball and replay it

(v) bounce the ball and catch it again

**E** A player may not

(i) deliberately kick the ball

(ii) place a hand or hands on the ball held by an opponent

(iii) strike the ball with a fist

(iv) deliberately throw her body on the ball to get it

(v) attempt to gain possession or throw the ball while lying sitting or kneeling on the ground. A player who falls while holding the ball must regain her footing and throw within (3) three seconds of receiving the ball

(vi) use the goalpost as a support in recovering a ball going out of court or as a means of regaining balance

**F** (i) At the moment the ball is passed there must be room for a third player to move between the hands of the thrower and those of the receiver,

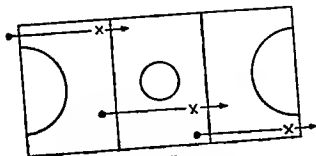
(ii) (a) The ball may not be thrown over a complete third without being touched by a player who is standing or who lands in that third

(b) A player who lands with her first foot wholly within the correct third is deemed to have received the ball in that third

Her subsequent throw shall be considered to have been made from that third

**Penalty** A free pass to the opposing team where the infringement occurs except for throwing the ball over a complete

third when the penalty is given from the place indicated on the diagram



Arrow shows flight of ball.

X where the free pass is taken—just inside the second line that the ball has crossed

## 2 Footwork for Throwing and Shooting

A player may

A receive the ball with one foot grounded, or jump to catch and land on one foot and then

(i) step with the other foot in any direction, lift the landing foot and throw or shoot before this foot is regrounded,

(ii) step with the other foot in any direction any number of times, pivoting on the landing foot. She may lift the pivoting foot, but must throw or shoot before she regrounds it,

(iii) jump from the landing foot on to the other foot and jump again but must throw the ball or shoot before regrounding either foot,

(iv) step with the other foot and jump but must throw the ball or shoot before regrounding either foot

B receive the ball while both feet are grounded, or jump to catch and land on both feet simultaneously, and then

(i) step with either foot in any direction, lift the other foot and throw or shoot before this foot is regrounded,

(ii) step with either foot in any direction any number of times pivoting on the other. She may lift the pivoting foot but must throw or shoot before she regrounds it

(iii) jump from both feet but must throw or shoot before regrounding either foot

(iv) step with either foot and jump but must throw the ball or shoot before regrounding either foot

Dragging of the landing foot and hopping are not allowed

Penalty Free pass to the opposing team from where the infringement occurred

### 3 Scoring a Goal

*A* A goal is scored when the ball is thrown or batted over and completely through the ring into the net by Goal Shooter or Goal Attack from any point within the shooting circle including the lines bounding the circle

(i) If the ball is netted by any other player no goal is scored and play continues

(ii) If a defending player deflects a shot for goal and the ball is then netted the goal is scored

(iii) If the ball passes through the ring after the umpire's whistle has been blown for time no goal shall be scored

A shot for goal may be intercepted

*B* Where a penalty shot is taken, the shot may not be intercepted

If the whistle for an interval or time is blown after a penalty shot has been awarded it shall be taken or completed

In taking a shot for goal a player must

(i) have no contact with the ground outside the circle either during the catching of the ball or whilst she is holding it. She does not make contact with the ground if she leans on the ball but if this happens behind the goal line the ball is considered to be out of court

(ii) shoot within 3 seconds of catching or holding the ball

(iii) obey the footwork rule for throwing or shooting

Penalty A free pass to the opposing team from where the shot was made

*C* If a defending player causes the post to move so as to interfere with the shot at goal a penalty shot shall be awarded

## SECTION III—FOULS AND PENALTIES

### 1 Contact

#### *A Personal Contact*

No player shall come into personal contact with an oppo-

ment in such a manner as to interfere with her play either accidentally or deliberately:

- (i) by her own effort to get free, when she may not :
  - (a) push her opponent in any way,
  - (b) trip or knock her opponent in any way.
- (ii) by her own effort to contact the ball when she may not throw her body against an opponent or rush into her.
- (iii) by her effort to defend when she may not .
  - (a) keep her elbow against an opponent,
  - (b) hold an opponent; this includes feeling her to keep near her,
  - (c) push an opponent,
  - (d) charge an opponent; that is, when jumping throw her body against a player.
- (iv) by removing the ball in any way from an opponent either with her hands or any part of her body.
- (v) by contact on any other occasion or in any other way.

#### **B. Contact with the Ball**

A player while holding the ball shall not touch or push an opposing player with it in such a manner as to interfere with play.

#### **2. Obstruction**

Any effort to defend a player with the ball from a distance closer than 3 feet is obstruction. This distance is measured on the ground between the nearer foot of the defender and the foot of the attacker as follows :

(i) If a player receives the ball with one foot grounded or jumps to catch and lands on one foot, the distance is measured from that foot of the attacker and the nearer foot of the defender.

(ii) If a player receives the ball while both feet are grounded or jumps to catch and lands on both feet simultaneously after catching the distance is that existing between the nearer foot of the defender and

- (a) the pivoting foot of the attacker, if she pivots;
- (b) the foot which remains on the ground until the ball is thrown, if she steps in any direction;
- (c) either foot if she remains grounded on both feet;
- (d) either foot, if she jumps from both feet to throw.

A defender may attempt to intercept if the distance on the

ground is not less than 3 feet from the attacker as specified in this rule

If when attempting to intercept a defender steps towards the attacker, she is obstructing if she places a foot within 3 feet of the point specified in this rule

If a player with the ball steps forward from the point specified in this rule, a defender may attempt to intercept

A player is obstructing if, with arms outstretched and within a distance of 3 feet measured on the ground, she defends an opponent with the ball. If however the arms are outstretched to intercept a thrown ball no obstruction occurs

When an opponent with or without the ball uses intimidating movements she is obstructing

### Penalty

(i) If outside the circle a penalty pass to the opposing side

(ii) If inside the circle either Goal Shooter or Goal Attack shall have the choice of a penalty pass or a penalty shot

In both cases—

(a) the penalty shall be taken from where the infringement occurred,

(b) the infringer must stand beside the thrower and take no part in the play until the ball has left the player's hands

*Note* Any player allowed in the area may take the Penalty. A Penalty shot may not be intercepted

### 3 The Throw Up

A A throw up puts the ball into play when

(i) Two opposing players gain simultaneous possession of the ball with either or both hands

(ii) Two opposing players simultaneously knock the ball out of court

(iii) Two opposing players are simultaneously offside, one in possession of, or touching the ball

(iv) Two opposing players, in striving to obtain the ball, make simultaneous personal contact

(v) The umpire is unable to determine the last player to touch the ball before it goes out of court

**B** The two players shall stand facing each other and their own goal ends with arms straight and hands to sides but feet in any position. There shall be a distance of 3 feet between the nearer foot of one player and that of her opponent.

**C** The Umpire flicks the ball not more than 2 feet into the air from a point midway between the players. The ball shall have the Umpire's hands below the shoulder level of the shorter player. The whistle is blown as the ball is released. The two players may not move until the whistle is blown. If one player moves too soon the ball is given to the other side.

**D** The ball may be caught or it may be batted in any direction except directly at the opposing player. All other players may stand or move anywhere within their playing area.

Goal Shooter or Goal Attack may make a shot for goal or pass if the ball is obtained from a throw up in the goal circle.

**L** The throw up shall be taken as near as possible to the place where the incident occurred, between the players concerned, except where two players from adjoining playing areas are concerned. In this case the throw up is given in the playing area further from the goal area between any two opposing players allowed in that area.

#### 4 The Free Pass

A free pass is awarded for an infringement of the rules, except in the case of Personal Contact or Obstruction.

In taking a free pass the ball may be thrown

(i) by any player in the opposing team allowed in the area

(ii) from the spot where the infringement occurred,

(iii) to any player, provided it is not thrown over a complete third of the court.

#### 5 Accidents

After a stop for an accident or for any other cause, the game continues from the spot where the ball was when play was stopped. Time lost before continuing the game must be added to that quarter or half.

If the accident is due to Personal Contact or Obstruction





*The three foot line* is drawn parallel to and three feet from the base line starting at a point halfway between home plate and first base

*The batter's box* one on each side of home plate shall measure three feet by seven feet. The inside lines of the batter's box shall be six inches from home plate. The front line of the box shall be four feet in front of a line drawn through the centre of home plate.

*The catcher's box* shall be ten feet in length from the rear corners of the batter's boxes and shall be eight feet five inches wide.

*The coaches' boxes* are behind the line fifteen feet long drawn outside the diamond. The line is parallel to and six feet from the first and third baseline extending from the bases toward home plate.

## RULE TWO—EQUIPMENT

**Sec 1** *The official bat* shall be round made of one piece of hard wood or formed from a block of wood consisting of two or more pieces of wood bounded together with an adhesive in such a way that the grain direction of all pieces is essentially parallel to the length of the bat. Any such laminated bat shall contain only wood or adhesive except for a clear finish. The bat shall not be more than 34 inches long and not more than 2½ inches in diameter at its largest part. A tolerance of 1/32 inch is permitted to allow for expansion. The bat shall have a safety grip of cork tape or composition material. The safety grip shall not be less than ten inches long and shall not extend more than fifteen inches from the small end of the bat. The bat shall be marked OFFICIAL SOFTBALL.

**Sec 2** *The official softball* shall be a regular smooth seam concealed stitch or flat surfaced ball not less than 11½ inches nor more than 12½ inches in circumference and shall weigh not less than 6 ounces nor more than 6½ ounces. The centre of the ball may be made of either a quality long fibre kapok or a mixture of cork and rubber hand or machine wound with a fine quality twisted yarn and covered with latex or rubber cement. The cover of the ball shall be the finest quality chrome tanned horse or cow hide cemented to the ball by application of cement to the inner side of the cover and sewed with waxed thread of cotton or line.

*Sec 3* The home plate shall be made of rubber or other suitable material. It shall be a five sided figure seventeen inches wide across the edge facing the pitcher. The sides shall be parallel to the inside lines of the batter's boxes and shall be eight and one half inches long. The sides of the point facing the catcher shall be twelve inches long.

*Sec 4* The pitcher's plate shall be of wood or rubber, twentyfour inches long and six inches wide. The top of the plate shall be level with the ground and the front line of the plate shall be forty-six (46) feet from the outside corner of home plate and forty (40) feet for women.

*Sec 5* The bases, other than home plate, shall be fifteen inches square and shall be made of canvas or other suitable material. The bases should be securely fastened in position.

*Sec 6* Gloves may be worn by any player, but mitts may be used only by the catcher and first baseman. No top lacing webbing or other device between the thumb and body of glove or mitt worn by a first baseman or other fielder shall be more than four inches in length.

*Sec 7* A shoe shall be considered official if it is made with either canvas or leather uppers or similar materials. The soles may be either smooth or with soft or hard rubber cleats. Soft-ball shoes may be used.

*Sec 8* Masks must be worn by catchers, and women catchers must wear both masks and body protectors. As a precaution against injuries and infection it is recommended that women players wear knickers or full length trousers.

*Sec 9* No equipment shall be left lying on the field, either in fair or foul territory.

### RULE THREE—PLAYERS AND SUBSTITUTES

*Sec 1* A team shall consist of nine players whose positions shall be designated as follows: Pitcher, Catcher, First Baseman, Secondman, Third Baseman, Shortstop, Left Fielder, Centre Fielder and Right Fielder. Players of the team in the field may be stationed anywhere on fair ground. The pitcher, in delivering the ball to the batter must be in legal pitching position and the catcher must be in his box.

*Sec 2 A team must have nine players to start or to continue a game*

*Sec 3 A player shall be official in the game when his name has been entered on the official scoresheet or has been announced. A substitute may take the place of a player whose name is in his team's batting order. The following will govern the substitution of players*

(a) The captain of the team making the substitution must immediately notify the umpire who will suspend play and announce the change to the spectators and captain of the other team

(b) Substitute players will be considered in the game as follows

- (1) Batter, when he takes his place in the batter's box
- (2) Fielder, when he takes the place of the fielder substituted for
- (3) Runner, when the substitute replaces him on the base he is holding
- (4) Pitcher, when he takes his place on the pitcher's plate

(c) Each pitcher whose name has been entered on the score sheet, who has been announced, or who has taken his place on the pitcher's plate, must pitch until the batter facing him has completed his turn at bat or the side has been retired. Any other player may be removed from the game at any time

(d) Whether announced or unannounced, any play made by or on the substitute player shall be legal

(e) A player removed from the game shall not participate in the game again except as a coach

## RULE FOUR—DEFINITIONS

*Sec 1. Appeal Play* An appeal play is a play upon which an umpire does not make a decision until requested by a player. The appeal must be made before the next ball is delivered to the batter

*Sec 2 Base on Balls* A base on balls permits a batter to gain first base without liability to be put out and is awarded to a batter by the umpire when four pitches are judged to be balls

*Sec 3 Base Path* A base path is an imaginary line three feet to either side of a direct line between the bases

*Sec 4 Base Runner* A base runner is a player of the team at bat who has finished his turn at bat, reached first base, and has not yet been put out

*Sec 5 Batted Ball* A batted ball is any ball that hits the bat or is hit by the bat and which lands either in fair or foul territory

*Sec 6 Batter's Box* The batter's box is the area to which the batter is restricted while in position with the intention of helping his team to obtain runs. While at bat he should not touch or cross box lines

*Sec 7 Batter Baserunner* A batter baserunner is a player who has finished his turn at bat but has not yet been put out of touched first base

*Sec 8 Batting Order* The batting order is the official listing of offensive players in the order in which members of that team must come to bat

*Sec 9 Blocked Ball* A blocked ball is a batted or thrown ball that is touched, stopped, or handled by a person not engaged in the game or which touches any object which is not part of the official equipment or official playing area

*Sec 10 Bunt* A bunt is a legally tapped ball not swung at, but intentionally met with the bat and tapped slowly within the infield

*Sec 11 Catch* A catch is a legally caught ball which occurs when the fielder catches a batted or thrown ball with his hands or glove. If the ball is merely held in the fielder's arms or prevented from dropping to the ground by some part of the fielder's body or clothing the catch is not completed until the ball is in the grasp of the fielder's hands or glove

*Sec 12 Catcher's Box* The catcher's box is that area within which the catcher must stand with and until the pitcher delivers a pitched ball

*Sec 13 Coach* A coach is a member of the team at bat who takes his place within the coacher's lines on the field to direct the players of his team in running the bases

**Sec 14 Dead Ball** Ball is dead which is not in play and is not considered in play until the pitcher holds it in pitching position and the umpire has called 'Play Ball'

**Sec 15 Defensive Team** The defensive team is the team in the field

**Sec 16 Double Play** A double play is a play by the defense in which two or more offensive players are legally put as a result of continuous action

**Sec 17 Fair Ball** A fair ball is a batted ball that settles on fair territory between home and first base or home and third base, or that is on or over fair territory including any part of first and third base when bounding to the outfield, or that touches first, second or third bases or that, while on or over fair territory touches any part of umpire or player, or that while over fair territory passes out of the playing field beyond the outfield fence

**Sec 18 Fair Territory** Fair territory is that part of the playing field within and including the first and third base foul lines from home to the bottom of the extreme playing field fence and perpendicularly upwards

**Sec 19 Fielder** A fielder is any player of the team in the field

**Sec 20 Fly Ball** A fly ball is any ball batted into the air

**Sec 21 Force Out** A force out is an out which can be made only when a baserunner loses the right to the base which he is occupying because the batter becomes a baserunner, and before the batter or a succeeding baserunner has been put out

**Sec 22 Foul Ball** A foul ball is any batted ball that settles on foul territory or which is first touched by a fielder in foul territory, or which does not conform to the requirements of a fair batted ball

**Sec 23 Foul Tip** A foul tip is a foul ball which goes directly from the bat not higher than the batter's head, to the catcher's hands and is legally caught

**Sec 24 Home Team** The team is the team on whose grounds the game is played or any other ground managed by a team

*Sec 25 Illegally Caught Ball* An illegally caught ball occurs when a fielder catches a batted or thrown ball with his cap glove or any part of his uniform while it is detached from its proper place

*Sec 26 In Flight* In flight describes any batted thrown or pitched ball which has not yet touched the ground or some object other than a fielder

*Sec 27 In Jeopardy* In jeopardy is a term indicating that the ball is in play and an offensive player may be put out

*Sec 28 Infield* The infield is that portion of the field which is included within the diamond made by the baselines

*Sec 29 Infield Fly* An infield fly is a fair hit ball other than a line drive or bunted fly ball that is caught or in the opinion of the umpire could be easily handled by an infielder

*Sec 30 Inning* An inning is that portion of a game within which the teams alternate on offense and defense and in which there are three outs for each team

*Sec 31 Interference* Interference is the act of a defensive player which hinders or prevents a batter from striking or hitting a pitched ball or the act of an offensive player which impedes hinders or confuses a defensive player while attempting to execute a play

*Sec 32 Legal Touch* A legal touch occurs when runner or batter baserunner who is not touching a base is touched by the ball while it is securely held in the fielder's hand The ball is not considered as having been securely held if it is juggled or dropped by the fielder after having touched the runner unless the runner deliberately knocks the ball from the hand of the fielder It is sufficient for the runner to be touched with the hand or glove in which the ball is held

*Sec 33 Legally Caught Ball* A legally caught ball occurs when a fielder catches a batted or thrown ball provided it is not caught in the fielder's hat, cap protectors pocket or any other part of his uniform

*Sec 34 Line Drive* A line drive is an aerial ball that is batted sharply and directly into the playing field

*Sec 35 Obstructed Ball* An obstructed ball is a batted or thrown ball which strikes an object such as a fence back

stop, post, stand, tree, automobile, or other objects within 25 feet of the baselines

**Sec 36 Obstruction** Obstruction is the act of a fielder, while not in possession of the ball or in the act of fielding a batted ball, which impedes the progress of a baserunner who is legally running bases

**Sec 37 Offensive Team** The offensive team is the team at bat

**Sec 38 Outfield** The outfield is that portion of the field which is outside the diamond formed by the baselines and within the foul lines beyond first and third bases and the boundaries of the grounds

**Sec 39 Overthrow** An overthrow is a play in which a ball is thrown from one fielder to another to retire a runner who has not reached or is off base and which goes into foul territory on a play at first, third or home base

**Sec 40 Passed Ball** A passed ball is a legally delivered ball that should have been held or controlled by the fielder with ordinary effort

**Sec 41 Play Ball** 'Play Ball' is the term used by the plate umpire to indicate that play shall begin or be resumed

**Sec 42 Sacrifice Fly** Sacrifice fly is any caught fair fly ball that permits a baserunner to advance a base safely after it is first touched by a fielder

**Sec 43 Strike Zone.** The strike zone is that space over home plate which is between the batter's arm pits and the top of his knees when the batter assumes his natural batting stance

**Sec 44 Turn at Bat** A turn at bat begins when a player first enters the batter's box and continues until he is put out or becomes a baserunner

**Sec 45 Time** 'Time' is the term used by the umpire to order the suspension of play

**Sec 46 Wild Pitch** A wild pitch is legally delivered ball so high, so low or so wide of the plate that the catcher cannot or does not stop and control it with ordinary effort

## RULE FIVE—THE GAME

**Sec 1** The choice of first or last bat in the inning shall be decided by a toss of a coin unless otherwise stated in the rules



of the organization under which the schedule of games is being played

*Sec 2 The fitness of the ground for beginning a game* shall be decided solely by the home team. After 'play ball' has been called, the umpire shall be the sole judge as to the fitness of the ground for resuming play

*Sec 3 Game* A regulation game shall consist of five innings

(a) A full five innings need not be played if the team second at bat scores more runs in four innings or before the third out in the last of the fifth inning

(b) A game that is tied at the end of five innings shall be continued by playing additional innings until one side has scored more runs than the other at the end of a complete inning, or until the team scored at bat has scored more runs in their half of the inning before the third out is made

(c) A game called by the umpire shall be regulation if three more complete innings have been played or if the team second at bat has scored more runs than the other team has scored in three or more innings. The umpire is empowered to call a game at any time due to darkness, rain, fire, panic or other cause which put the patrons or players in peril

(d) A regulation tie game shall be declared if the score is equal when the game is called at the end of three or more complete innings, or if the team second at bat has equalled the score of the first team at bat in the incomplete inning

(e) A forfeited game shall be declared by the umpire in favour of the team not at fault in the following cases

- (1) If a team fails to appear upon the field or being upon the field, refuses to begin a game for which it is scheduled or assigned at the time scheduled or within the time set for forfeitures by the organization in which the team is playing
- (2) If, after the game has begun, one side refuses to continue to play, unless the game has been suspended or terminated by the umpire
- (3) If, after play has been suspended by the umpire, one side fails to resume playing within two minutes after the umpire has called 'Play Ball'

- (4) If a team adopts tactics palpably designed to delay or to hasten the game.
- (5) If, after warning by the umpire, any one of the rules of the game is violated.
- (6) If the order for the removal of a player is not obeyed within one minute.

*Sec. 4. The winner of the game shall be the team that scores more runs in a regulation game.*

(a) The score of a called regulation game shall be the score at the end of the last complete inning unless the team second at the bat has scored more runs than the first team at bat in the incomplete inning. In this case, the score shall be that of the incomplete inning.

(b) The score of a regulation tie game shall be the tie score when the game was terminated. A regulation tie game shall be replayed from the beginning.

(c) The score of a forfeited game shall be 5-0 in favour of the team not at fault.

*Sec. 5. One run shall be scored each time a baserunner legally touches first, second, third bases and home plate before the third out of the inning.*

*Sec. 6. A run shall not be scored if the third out of the inning is a result of:*

(a) The batter being put out before legally touching first base.

(b) A baserunner being forced out due to the batter becoming baserunner.

(c) A baserunner leaving base before the pitcher releases the ball to the batter.

(d) A preceding baserunner being put out for failure to touch base if the base missed was one to which the runner was forced to advance.

*Sec. 7. A baserunner shall not score a run ahead of the baserunner preceding him in the batting order if the preceding runner has not been put out.*

## RULE SIX—PITCHING REGULATIONS

*Sec. 1. The Pitcher shall take a position with both feet firmly on the ground and in contact with the pitcher's plate.*

(a) Preliminary to pitching the pitcher must come to a full and complete stop facing the batter with both shoulders in line with first and third base, and with the ball held in both hands in front of the body

(b) This position must be maintained at least one second and not more than 20 seconds before taking one hand off the ball to start the delivery

(c) The pitcher shall not be considered in pitching position unless the catcher is in position to receive the pitch

(d) The pitcher may not take the pitching position on or near the pitcher's plate without having the ball in his possession

*Sec 2 The pitch starts* when one hand is taken off the ball. In the act of delivering the ball, the pitcher shall not take more than one step which must be forward, toward the batter and simultaneous with the delivery of the ball to the batter

*Sec 3 A legal delivery* shall be a ball which is delivered to the batter with an underhand motion

(a) The release of the ball and the follow through of the hand and wrist must be forward past the straight line of the body

(b) The hand shall be below the hip and the wrist not farther from the body than the elbow

(c) The pitch is completed with a step toward the batter

(d) The catcher must be within the lines of the catcher's box when the pitch is delivered

*Sec 4 The pitcher may use any wind up* desired provided

(a) He does not make any motion to pitch without immediately delivering the ball to the batter

(b) He does not use a rocker action in which after having the ball in both hands in pitching position he removes one hand from the ball, takes a backward and forward swing and returns the ball to both hands in front of the body

(c) He does not use a wind up in which there is a stop or reversal of the forward motion

(d) He does not make more than one revolution of the arm

in the wind-mill pitch. A pitcher may drop his arm to the side and to the rear before starting the wind-mill motion.

(e) He does not continue to wind-up after taking the forward step which is simultaneous with the release of the ball.

*Sec. 5. The pitcher shall not deliberately drop, roll, or bounce the ball while in pitching position in order to prevent the batter from striking it.*

*Sec. 6. The pitcher shall not at any time during the game be allowed to use tape or other substance upon the ball, the pitching hand or fingers. Under the supervision and control of the umpire powdered rosin may be used to dry the hands.*

**Effect.** Any infraction of Sections 1-6 is an illegal pitch. The ball is dead. A ball is called on the batter. Baserunners are entitled to advance one base without liability to be put out.

*Sec. 7. No pitch shall be declared when*

(a) The pitcher pitches during a suspension of play.

(b) The pitcher attempts a quick return of the ball before the batter has taken position or is off balance as the result of a previous pitch.

(c) The runner is called out for leaving the base too soon.

**Effect.** The ball is dead and all subsequent action on pitch is cancelled.

*Sec. 8. At the beginning of each inning or when a pitcher relieves another, play shall be suspended. Changing over of pitcher shall not take more than one minute. He can deliver five balls to team mates.*

## RULE SEVEN—BATTING

*Sec. 1. The batter shall take his position within the lines of the batter's box.*

(a) The batter shall not have either one or both feet touching batter-box lines or the ground outside the lines of the batter's box when the ball is hit.

(b) The batter shall not step directly across in front of the catcher to the other batter's box while the pitcher is in position ready to pitch.

**Effect** Sec 1, a b The ball is dead, the batter is out, and baserunners may not advance

(c) The batter must take his position within one minute after the umpire has called next batter up

**Effect** The ball is in play the batter is out, and baserunners may advance with liability to be put out

**Sec 2** *Each player of the side at bat shall become a batter in the order in which his name appears on the score sheet*

(a) The batting order of each team must be on the score-sheet and must be delivered before the game by the manager or captain to the plate umpire. He shall submit it to the scorer.

**Effect** The umpire may declare a forfeit,

(b) The batting order delivered to the umpire must be followed throughout the game unless a player is substituted for another. When this occurs the substitute must take the place of the removed player in the batting order

(c) The first batter in each inning shall be the batter whose name follows that of the last player who completed a turn at bat in the preceding inning

**Effect** Sec 2, b c Batting out of order is an appeal play

(1) *If the error is discovered while the incorrect batter is at bat, the correct batter may take his place, assume any balls and strikes and any runs scored or bases run while the incorrect batter was at bat shall be legal*

(2) *If the error is discovered after the incorrect batter has completed his turn at bat and before there has been a pitch to another batter the player who should have batted is out. Any runs scored are cancelled and baserunners must return to the bases occupied when the incorrect batter took his position in the batter's box. The next batter is the player whose name follows that of the player called out for failing to bat. If the batter declared out under these circumstances is the third out, the correct batter in the next inning shall be the player who would have come to bat had the players been put out by ordinary play*

(3) *If the error is discovered after the first pitch to the next batter, the term at bat of the incorrect batter is legal,*

all runs scored and bases run are legal, and the next batter in order shall be the one whose name follows that of the incorrect batter. No one is called out for failure to bat. Players who have not batted and who have not been called out have lost their turn at bat until reached again in the regular order.

(d) When the third out in an inning is made before he has completed his turn at bat he shall be the first batter in the next inning.

**Sec 3** *The batter shall not hinder the catcher from fielding or throwing the ball by stepping out of the batter's box, or intentionally hinder the catcher while standing within the batter's box.*

**Effect** The ball is dead and baserunners must return to the last base that in the judgement of the umpire was touched at the time of the interference. The batter is out except

- (1) If a baserunner attempting to steal is put out, the batter is not out.
- (2) With less than two outs and a runner on third base and the batter interferes with a play being made at home plate, the batter is not out because the runner is out.

**Sec 4** *Members of the team at bat shall not interfere with a player attempting to field a foul fly ball.*

**Effect** The ball is dead, the batter is out, and baserunners must return to the base legally held at the time of the pitch.

**Sec 5** *The batter shall not intentionally strike or hunt the ball a second time, strike it with a thrown bat, or deflect its course in any way while running to first base.*

**Effect** The ball is dead, the batter is out, and baserunners may not advance.

**Sec 6** *A strike is called by the umpire*

(a) For each legally pitched ball entering the strike zone before touching the ground and at which the batter swung the bat or not.

**Effect** The ball is in play and baserunners may advance with liability to be put out. The batter is out if

- (1) The catcher does not drop the third strike.
- (2) First base is occupied with less than two out.

(b) For each foul tip held by the catcher while in the catcher's box

**Effect** The ball is in play and baserunners may advance with liability to be put out. The batter is out if it is the third strike.

(c) For each foul ball not legally caught on the fly when the batter has less than two strikes

(d) For each pitched ball struck at and missed which touches any part of the batter

(e) When any part of the batter's person is hit with his own batted ball when he is in the batter's box in foul territory, and with less than two strikes

**Effect** See c d e. The ball is dead and baserunners must return to their bases without liability to be put out.

*Sec 7 A ball is called by the umpire*

(a) For each pitched ball which does not enter the strike zone or touches the ground before reaching home plate and which is not struck at by the batter

**Effect** The ball is in play and baserunners are entitled to advance with liability to be put out.

(b) For each illegally pitched ball

**Effect** The ball is dead and baserunners are entitled to advance one base without liability to be put out.

*Sec 8 A fair ball is a legally batted ball which*

(a) Settles or is touched on fair ground between home and first base or between home and third base

(b) Is on or over fair ground when bounding past the infield

(c) Touches first, second or third base

(d) While on or over fair ground touches the person or clothing of an umpire or player

(e) First falls on fair ground beyond first or third base. A fair fly must be judged according to the relative position of the ball and the foul line regardless of whether the fielder is on fair or foul ground at the time he catches the ball.

**Effect** See 8 a-e. The ball is in play and baserunners are entitled to advance any number of bases with liability to be put out. The batter becomes a baserunner unless the infield fly rule applies.

(f) While on or over fair ground lands behind a fence or into a stand at a distance more than 200 feet from home plate. This is considered a home run. If the distance is less than 200 from home plate it is a two-base hit.

*Sec 9 A foul ball is a legally batted ball which*

(a) Settles on foul ground between home and first base or between home and third base

(b) Bounds past first or third base on or over foul ground

(c) First touches on foul ground beyond first or third base

(d) While on or over foul ground touches the person or clothing of an umpire, player, or other obstructions

**Effect** Sec 9 a b (1) The ball is dead unless it is a legally caught foul fly. If a foul fly is caught the batter is out. (2) A strike is called on the batter unless he already had two strikes. (3) Baserunners must return to their bases without liability to be put out unless a foul fly is caught. In this case, the baserunner may advance with liability to be put out after the ball has been touched.

*Sec 10 A foul tip is a foul ball which goes directly from the bat, not higher than the batter's head, to the catcher's hand and is legally caught.*

**Effect** A strike is called the ball remains in play and baserunners may advance with liability to be put out.

*Sec 11 A bunt is a legally batted ball not swung at but intentionally met with the bat and tapped slowly within the infield.*

**Effect** (1) The ball is in play the batter becomes a baserunner and baserunners may advance with liability to be put out. (2) If the ball is bunted foul on the third strike the batter is out and baserunners may not advance.

*Sec 12 The batter is out under the following circumstances*

(a) When the third strike is caught by the catcher

(b) When he has three strikes if there are less than two outs and first base is occupied

(c) When the third strike is struck and missed and touches any part of the batter

(d) When he hunts foul after the second strike



(e) When a foul ball is legally caught

(f) Immediately when he hits an infield fly with baserunners on first and second or on first, second and third bases with less than two out (This is called the infield fly rule)

(g) Batter is out if fielder intentionally drops a fair fly or line drive with first, first and second, first and third, or first second, and third bases occupied before two are out. Runners need not retouch and may advance at their own risk.

**Note** A trapped ball shall not be considered as having been intentionally dropped.

(h) Batter is out if a preceding runner shall, in the umpire's judgement intentionally interfere with a fielder who is attempting to catch a thrown ball or to throw a ball in an attempt to complete the play. The runner shall also be called out and interference called.

## RULE EIGHT —BASERUNNING

*Sec 1 The baserunners must touch bases in legal order, i.e. first, second, third base and home plate*

(a) When a baserunner returns while the ball is in play, he must touch the bases in reverse order.

**Effect** The ball is in play and baserunners must return with liability to be put out.

(b) When a baserunner acquires the right to a base by touching it before being put out he is entitled to hold the base until he legally touched the next base in order or is forced to vacate it for a succeeding baserunner.

(c) When a baserunner dislodges a base from its proper position neither he nor succeeding runners in the same series of plays are compelled to follow a base unreasonably out of position.

**Effect** Sec 1, b-c The ball is in play and baserunners may advance with liability to be put out.

(d) A baserunner shall not run bases in reverse order either to confuse the fielders or to make a travesty of the game.

**Effect** The ball is dead and the baserunner is out.

(e) Two baserunners may not occupy the same base simultaneously.

**Effect.** The runner who first legally occupied the base shall

## SOFTBALL

be entitled to it, the other baserunner may be put out by being touched with the ball

(f) The failure of a preceding runner to touch a base and who is declared out does not affect the status of a succeeding baserunner who touches bases in proper order. However, if the failure to touch a base in regular order is the third out of the inning, no run may be scored

*Sec 2 The batter becomes a baserunner*

(a) As soon as he hits a fair ball

(b) The catcher fails to catch the third strike before the ball touches the ground when there are less than two outs and first base is unoccupied or anytime there are two outs. This is called the third strike

(c) When a fair ball strikes the person or clothing of an umpire on foul ground

Effect. Sec 2, a-c The ball is in play and the batter becomes a baserunner with liability to be put

(d) When four balls have been called by the umpire

Effect. The ball is in play unless it has been blocked or obstructed. The batter is entitled to one base without liability to be put out

(e) When the catcher interferes with or prevents him from striking at a pitched ball

Effect. The ball is dead and the batter is entitled to one base without liability to be put out

(f) When a fair ball strikes the person or clothing of the umpire or a baserunner or fair ground.

Effect (1) If the ball hits the umpire or baserunner after passing a fielder other than the pitcher or touched by infielder including the pitcher, ball is in play.

(2) If the ball hits the umpire or baserunner before passing a fielder, the ball is dead and the batter is entitled to first base without liability to be put out

(g) When a pitched ball does not strike and touches batter or his clothing while he is in the batter's box. It does not matter if the ball strikes the ground before hitting him

Effect. The ball is dead and the batter is entitled to one base without liability to be put out unless he made no effort to

avoid being hit In this case, the umpire calls either a ball or a strike

*Sec 3 Baserunners are entitled to advance with liability to be put out under the following circumstances*

(a) When the ball leave the pitcher's hand on a pitch

(b) When the ball is overthrown into fair or foul territory and is not blocked

(c) When the ball is batted into fair territory and is not blocked

(d) If the ball slip from the pitcher's hand during his wind up or during the backswing The ball will be in play and the runners may advance at their own risk

*Sec 4 A player forfeits his exemption from liability to get put out*

(a) If while the ball in is play he fails to touch the base to which he was entitled before attempting to make the next base If the runner put out is batter baserunner at first base or any other baserunner, forced to advance because the batter becomes a baserunner, this out is a force-out

(b) If after over running first base, the batter baserunner attempt to continue to second base

(c) If after dislodging the base, the batter baserunner tries to continue to the next base

*Sec 5 Baserunners are entitled to advance without liability to be put out*

(a) When forced to vacate a base because the batter was awarded a base on balls

**Effect** Sec 5, a The ball remains in play unless it is blocked or obstructed Baserunner affected is entitled to one base and may advance further at his own risk if the ball is in play

(b) When a fielder obstructs the baserunner from touching base unless the fielder is trying to field a batted ball or has the ball ready to touch the baserunner

**Effect** Sec 5 b All the runners shall be permitted to advance without liability to be put out to the bases which in the umpire's judgement the runners would have reached had the fielder not obstructed the runner The ball is dead

(c) When a wild pitch or passed ball goes under over through or lodges in the backstop

(d) When forced to vacate a base because the batter was awarded a base

(1) For being hit by a pitched ball

(2) For being interfered with by the catcher when striking at a pitched ball

**Effect** The ball is dead and baserunners may not advance further than the base to which they are entitled

(e) When a pitcher makes an illegal pitch

(f) When a pitched ball goes over under or through the backstop

**Effect** See 5 c f The ball is dead and baserunners may advance to the base to which they are entitled without liability to be put out

(g) *When a fielder contacts or catches a batted or thrown ball with his cap glove or any part of his uniform while it is detached from its proper place*

**Effect** The baserunners shall be entitled to three bases if a batted ball, or two bases if a thrown ball and in either case the baserunners may advance further at their own risk. If the illegal catch or touch is made on a fair hit ball which in the opinion of the umpire's judgement would have cleared the field fence in flight the runner shall be awarded a home run

(h) When the ball is in play and is overthrown into foul territory at first or third bases or home plate and is obstructed or blocked

**Effect** The ball is dead and the baserunner being played upon is entitled to advance one base beyond the one he is trying to reach. All other baserunners are entitled to the same number of bases as the baserunner being played

*Sec 6 The baserunner's advance is limited*

(a) When a fair batted fly ball goes over the fence or into the stand it shall entitle the batter to a home run unless it passes out of the grounds or into a stand at a distance less than 200 feet from the home base in which case the batter shall be entitled to two bases only. The batter must touch the bases in regular order. The point at which the fence or stand is less

than 200 feet from the home base shall be plainly indicated for the umpire's guidance

(b) When a fair ball bounds or rolls into a stand, over, under, or through a fence or other obstruction marking the boundaries of the playing field

**Effect** Sec 6 a b The ball is dead and baserunners are awarded two bases

(c) When a thrown or pitched ball strikes the umpire or his clothing

**Effect** The ball is in play and baserunners are entitled to not more than one base with liability to be put out

*Sec 7 A baserunner must return to his base under the following circumstances*

(a) When a foul ball is illegally caught and is so declared by the umpire

(b) When an illegally batted ball is declared by the umpire

(c) When a batter or baserunner is called out for interference Other baserunners shall return to the last base which was in the judgement of the umpire legally touched by him at the time of interference

(d) When there is interference by the plate umpire or his clothing with the catcher's attempt to throw

(e) When any part of the batter is touched by a pitched ball swung at and missed

(f) When an umpire is struck by a fair ball before it is touched by a fielder

(g) When a batter is hit by a pitched ball

**Effect** Sec 7, a g (1) The ball is dead (2) The baserunners must return to base without liability to be put out except when forced to go to the next base because the batter becomes a baserunner (3) No runs shall be scored unless all bases are occupied (4) Baserunners need not touch the intervening bases returning to base but must return promptly (5) However they must be allowed sufficient time to return

*Sec 8 Batter baserunners are out under the following circumstances*

(a) When the catcher drops the third strike and he is

legally touched with the ball by a fielder before touching first base

(b) When the catcher drops the third strike and the ball is held on first base before the batter baserunner reaches first base

(c) When after a fair ball is hit he is legally touched with the ball before he touches first base

(d) When after a fair ball the ball is held by a fielder touching first base before the batter baserunner touch first base

(e) When after a fly ball, the ball is caught by a fielder before it touches the ground or any object other than a fielder

**Effect** Sec 8, a c The ball is in play and the batter baserunner is out

(f) When he runs outside the three foot line and in the opinion of the umpire interferes with the fielder taking the throw at first base. However he may run outside the three foot line to avoid a fielder attempting to field a batted ball

**Effect** The ball is dead and the batter baserunner is out

**Sec 9** *The baserunner is out*

(a) When running to any base, he runs more than three feet away from a direct line between a base and the next one in regular or reverse order to avoid being touched by the ball in the hand of a fielder

(b) When while the ball is in play, he is legally touched with the ball in the hand of a fielder while not in contact with a base

(c) When on a force out a fielder holds the ball on the base to which the baserunner is forced to advance before the runner reaches that base

(d) When the umpire calls the baserunner out for failure to return to touch the base when play is resumed after a suspension of play

(e) When a baserunner passes a preceding baserunner before that runner has been put out

**Effect** Sec 9, a c The ball is in play and the baserunner is out

(f) When the baserunner leaves his base to advance to another base before a fly ball has been caught, providing the ball is returned to a fielder and legally held on that base or legally touches the baserunner before the runner can return

(g) When the baserunner fails to touch the intervening base or bases in regular or reverse order and the ball is in play and legally held on that base or the baserunner is legally touched while off base

(h) When the baserunner legally overruns first base attempts to run to second base before returning to first and is legally touched while off base

**Effect** See 9 f g h (1) These are appeal plays and the defensive team loses the privilege of putting the baserunner out if the appeal is not made before the next pitch

(2) The ball is in play and the baserunner is out

(3) Any runs scored shall count unless this is the third out of the inning and a force-out

(i) When the baserunner interferes or obstructs a fielder attempting to field a batted ball or intentionally interferes with a thrown ball. If this interference in the judgement of the umpire is an obvious attempt to prevent a double play, the immediate succeeding runner shall also be called out

(j) When a baserunner is struck with a fair ball while off base and before it touches or passes a fielder

(k) When a return intentionally kicks a ball which an infielder has missed

(l) When with a baserunner on third base, the batter interferes with a play being made at home plate with less than two outs

(m) When in the judgement of the umpire, the coach touches or holds the runner physically to assist him to return or to leave a base

(n) When the coach near third base runs in the direction of home plate on or near the baseline while a fielder is attempting to make a play on a batted or thrown ball and thereby draws a throw to home plate. The baserunner nearest to third base shall be declared out

(o) When one or more members of the offensive team stand and collect at or around a base to which a baserunner is advancing

cing thereby confusing the fielders and adding to the difficulty of making the play

(p) When a baserunner runs the base in reverse order

(q) If coach intentionally interferes with thrown ball

**Effect** Sec 9, 1 q The ball is dead and the baserunner is out No bases may be run unless necessitated by the batter becoming a baserunner

(r) When the baserunner fails to keep contact with the base to which he is entitled until a legally pitched ball has been released. When a baserunner is legitimately off his base, i.e., movement off base after a pitch or an attempt to stretch a hit, it becomes the duty of the pitcher to play him back, or allow him sufficient time to return If the pitcher does not comply with this obligation, said baserunner may advance legally and not be called out for being off his base After the baserunner has returned to his base he cannot move off the base until the next pitched ball is released If he moves off his base after being played back or returning to base he is to be called out, even if the pitcher is standing off the pitcher's plate

**Effect** The ball is dead, no pitch is declared and the base runner is out

*Sec 10 Baserunners are not out under the following circumstances*

(a) When a baserunner runs behind the fielder and outside the baselines in order to avoid interfering with a fielder attempting to field the ball in the base path

(b) When a baserunner does not run in a direct line to the base providing the fielder in the direct line does not have the ball in his possession

(c) When more than one fielder attempts to field a batted ball and the baserunner comes in contact with the one who in the umpire's judgement, was not entitled to field the ball

(d) When a baserunner is hit with a fair ball that has passed through an infielder and in the umpire's judgement no other fielder had a chance to play the ball

(e) When a baserunner is touched with a ball not securely held by a fielder

(f) When the defensive team does not request the umpire's decision on an appeal play until after the next pitch

(g) When the baserunner overruns first base after touching it and returns directly to the base



(h) When the baserunner is not given sufficient time to return to a base, he shall not be called out for being off base before the pitcher releases the ball. He may advance as though he had left the base legally.

(i) A runner who has started to advance cannot be stopped by the pitcher receiving the ball while on the pitching plate nor by stepping on the plate with the ball in his possession.

(j) When a baserunner holds his base until a fly ball touches a fielder and then attempts to advance.

(k) When a baserunner slides into a base and dislodges it from its proper position, the base is considered to have followed the runner.

**Effect.** A baserunner having made such a base safely shall not be out for being off that base. He may return to that base without liability to be put out when the base has been replaced. A runner forfeits this exemption if he attempts to advance beyond the dislodged base before it is again in proper position.

## RULE NINE—BALL DEAD—BALL IN PLAY

*Sec. 1. The ball is dead and not in play in the following circumstances:*

(a) When the ball is batted illegally.

(b) When the batter steps from one box to another while the pitcher is ready to pitch.

(c) When a ball is pitched illegally.

(d) When 'No Pitch' is declared.

(e) When a pitched ball touches any part of the batter or clothing while the batter is standing in the batter's box whether the ball is struck at or not.

(f) When a foul ball is not caught.

(g) When a baserunner is called out for leaving the base too soon on a pitched ball.

(h) When the offensive team causes an interference.

(1) When a batter intentionally strikes the ball second time, strikes it with a thrown bat or deflects its course in any way while running to first base.

(2) When an overthrow is touched intentionally by the coach or his clothing.

- (3) When a fair ball strikes a baserunner while off base or umpire before touching or passing a fielder
- (4) When the batter interferes with the catcher
- (5) When the offensive team interferes with the defensive team
- (6) When a runner intentionally kicks a ball which a fielder has missed
- (7) When with a baserunner on third base, the batter interferes with the play being made at home plate with less than two outs

(j) When a block ball is declared

(j) When a wild pitch or passed ball goes under, over or through the backstop

(k) When an overthrow touches any obstruction or person within 25 feet of the foul lines

(l) The ball shall not be playable outside the established limits of the playing field

(m) When time is called

(n) When a fielder interferes with a baserunner.

(o) When any part of the batter is hit with his own batted ball while he is in the batter's box and with less than two strikes

(p) When a baserunner runs bases in reverse order either to confuse the fielders or to make a travesty of the game

(q) When there is interference by the plate umpire or his clothing with the catcher's attempt to throw

(r) When a batter is hit by a pitched ball

(s) When in the judgement of the umpire, the coach touches or helps the runner physically to assist him to return or to leave a base or when the coach near the third base runs in the direction of home plate on or near the base line while the fielder is attempting to make a play on a batted or thrown ball and thereby draws a throw to homeplate

(t) When one or more members of the offensive team stand or collect at or around a base to which a baserunner is advancing thereby confusing the fielders and adding to the difficulty of making the play

(u) When baserunner fails to keep contact with the base

which he is entitled until a legally pitched ball has been released

*Sec 2 The ball is in play in the following circumstances*

(a) When a ball has been called on the batter and when four balls have been called but the batter may not be put out before he reaches first base

(b) When a strike has been called on the batter and when three strikes have been called on the batter

(c) When a fly ball or a foul tip has been legally caught

(d) When the infield fly rule is enforced

(e) When a thrown or pitched ball goes into foul territory and is neither blocked nor obstructed

(f) When a thrown or pitched ball strikes an umpire

(g) When a thrown ball goes behind a fielder and remains in fair territory

(h) When a fair ball strikes an umpire or baserunner on fair ground after passing or touching a fielder

(i) When a fair ball strikes an umpire on foul ground

(j) When the baserunners have reached the bases to which they are entitled when the fielder illegally fields a batted or thrown ball

(k) When a baserunner is called out for passing a preceding runner

(l) When a fair ball is legally batted

(m) When a baserunner is forced to return in reverse order while the ball is in play

(n) When a baserunner acquires the right to a base by touching it before being put out

(o) When a base is dislodged while baserunners are progressing around the bases

(p) When a baserunner runs more than three feet from a direct line between a base and the next one in regular or reverse order to avoid being touched by the ball in the hand of a fielder

(q) When the baserunner is tagged or forced out,

(r) When the umpire calls the baserunner out for failure to return to touch the base when play is resumed after suspension of play

(s) When an appeal play is enforced and involved

# **RULES FOR SWIMMING**

## **SWIMMING**

The following rules shall govern all competitions held at the Olympic Games and all open International Competitions

### **OFFICIALS**

Rule 1 (a) The Organizing Committee appointed by the promoting authority shall have jurisdiction over all matters not assigned by the Rules to the Referee, judges or other officials and shall have power to postpone events and give directions consistent with rules as to the method to be adopted for contesting any event.

(b) At the Olympic Games approved electronic judging and timing equipment must be provided and used. The operation of this equipment shall be under the supervision of appointed officials. Times recorded by electronic equipment shall be used to determine the winner, all placings and the time applicable to each lane. The placings and times so determined shall have precedence over the decisions of human judges and time keepers. In the event that a break-down of the electronic equipment occurs or that it is clearly indicated that there has been a failure of the equipment, or that a swimmer has failed to activate the equipment, the decisions of the human judges and recordings of the human time keepers shall be official.

When electronic equipment timing to 1/100 sec is used, the results shall be recorded as registered. When timing to 1/1000 sec is used, the third digit shall not be recorded or used except to determine placement.

e.g. 58.199=58.19

For manual timing with watches to 1/10 sec, see Rule 70 h.

In all timing of swimming events any device that is terminated by an official, shall be considered as a watch.

(c) The governing body is required to appoint, subject to the approval of the FINA Bureau or the respective Regional or International Authorities, the following officials, for the control of all competitions at Olympic Games, World Championships, Regional Games and important International fixtures.

A minimum of

Referee—1

Starter—1

Chief Timekeeper—1

Timekeepers—3 per lane

Chief Judge—1

Finishing Judges—3 per lane

Inspector of Turns—1 per lane at both ends

Judges of Strokes—2

Announcer—1

Recorder—1

Clerk of Course—1

For all other competitions there shall be at least

Referee—1

Starter—1

Timekeeper—1 per lane

Finishing judges—1 per lane

Inspector of Turns and Strokes—1 for every 2 lanes

Recorder—1

#### (d) Duties and Powers of officials

Referee—shall

(i) have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. He shall enforce all the rules and decisions of the FINA and shall decide all questions relating to the actual conduct of the meeting, the event or competition, the final settlement of which is not otherwise covered by the rules.

(ii) have authority to intervene in the competition at any stage to ensure that the FINA regulations are observed,

(iii) adjudicate on all protests related to the competition in progress.

(iv) give a decision in cases where the judges' decision and the times recorded do not agree. The recordings of the electronic timing equipment if available and operating shall be used as stated in Rule 1(B).

(v) ensure that all necessary officials for the conduct of the event or competition are at their respective posts. He may appoint substitutes for any who are absent, incapable of acting

or found to be inefficient. He may appoint additional officials if considered necessary. He shall assign the judges of strokes

(vi) signal the Starter immediately before the commencement of an event when all officials are in position and alerted,

(vii) disqualify any competitor for any violation of the rules that he personally observes or which is reported to him by other authorized officials,

(viii) have authority to use any electronic mechanical judging and/or timing devices officially approved by the FINA

Starter—shall

(i) have full control of the competitors from the time the Referee turns the competitors over to him until the race has commenced,

(ii) with the concurrence of the Referee to disqualify competitors for delaying the start, or for wilfully disobeying an order or for any other misconduct taking place at the start,

(iii) have absolute power to decide whether the start is fair, subject only to the decision of the Referee,

(iv) have power to recall the competitors at any time after the signal to start has been given,

(v) take up a position when starting an event, on the side of the pool, within approximately five meters of the starting edge of the pool where the timekeepers can see the starting signal and the competitors can hear the signal

**N B** Before starting an event the starter must receive a signal from the Referee that all competitors and officials are in their positions, and are prepared for the start

Chief Timekeeper—shall

(i) assign the seating positions for all timekeepers and the lanes for which they are responsible,

(ii) assign three (3) timekeepers for each lane. There shall be two (2) additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time,

(iii) collect from each Timekeeper a card showing the time recorded and, if necessary, inspect their watches,

(iv) record or examine the official time on the card for each lane.

**Timekeeper—shall**

(i) take the time of the competitor in the lane assigned to him. The watches shall be certified correct to the satisfaction of the Committee of Management of the Meeting.

(ii) start their watches at the starting signal, and shall stop their watches when the competitor has completed the race in accordance with relevant rules.

(iii) promptly after each race, record the time of his watch on the time card and turn it over to the Chief Timekeeper, and if requested, present his watch for inspection. He shall not clear his watch until he receives the "clear watches" signal from the Chief Timekeeper or Referee.

N.B. When electronic starting and time equipment is used, it will be necessary to use the same complement of hand timers as is indicated in para (iii) under Chief Timekeeper.

**Chief Judge—shall**

(i) assign each judge his position and the placing to be determined,

(ii) assign officials to serve as Inspectors of Turns at the finish end of the pool and to observe the take-off of relay team members,

In relay events, determine whether the starting competitor is in contact with the mark when the preceding swimmer touches the starting wall,

(iii) assign or approve inspectors of turns at the starting and turning end of the pool,

(iv) collect after the race, signed result sheets from each judge and establish the result and placings which shall be sent directly to the Referee,

(v) when electronic timing equipment is not being used, the Chief Judge shall have the right to vote as one of the judges.

**Finish Judges—shall**

(i) be positioned in elevated stands in line with the finish where they have in all events and at all times a clear view of the course and the finish line,

(ii) after each event decide and report the placing of the competitors according to the assignment given to him,

(iii) serve as Inspector of Turns if so directed, and observe the take-offs in relay events. The assigned judges will take

their positions at the finishing end of the lane to which they were assigned

(n) When Video tape is available on relay changes, this may be consulted by the referee

**N B** Finish judges shall not act as Timekeepers in the same event

**Determination of the Times and Placings**

(i) if two of the three watches record the same time and the third disagrees the two similar times, shall be the official time,

(ii) if all three watches disagree the watch recording the intermediate time shall be the official time

(iii) if the time registered by the Timekeepers does not agree with the decision of the Finish Judges and where the time of a swimmer placed second is better, the swimmer placed first and the second shall be credited with the times calculated on the average of the actual times recorded for both the first and second places. The same principle is to apply to all placings. It is not permissible to announce times which do not support the classifications made by the Finish Judges

**N B** Attention is directed to the provisions in Rule t(B) relating to the use of automatic timing equipment

### **Inspectors of Turns**

Inspectors of Turns shall be assigned by the Chief Judge to each lane at each end of the pool (Rule (j) and (n) Chief Judge)

Their duties shall be

(i) to ensure that when turning, competitors comply with the relevant rules,

(ii) to record the number of laps completed by each competitor and keep him informed of the remaining laps to be completed by displaying for the observation of the competitors, at the turning end of the pool 'lap cards' bearing numbers,

(iii) to determine, in relay events whether the starting competitor is in contact with the starting block when the preceding competitor touches the starting wall

(iv) to report any infringements to the Chief Judge who conveys the report to the referee,

(v) To give out a warning signal when each swimmer has two lengths plus 5 metres to swim to the finish in events of 400 metres or longer, except for relay or medley events. The warning signal may be by pistol shot, whistle or bell



**Judges of Strokes**

Judges of Strokes shall be assigned by the Referee One on each side of the pool

They shall

(i) operate on both sides of the pool

(ii) ensure that the rules related to the style of swimming designated for the event are being observed

(iii) report any violation to the Referee on signed cards detailing the event lane number the competitor's name and the infringement

**THE START**

**Rule 2** (i) The start in Free Style Breast and Butterfly races shall be with a dive

On a signal from the referee the competitors shall step on to the back surface of the starting block and remain there On the preparatory command from the starter take your marks they shall immediately take up a starting block When all competitors are stationary the starter shall give the starting signal (shot whistle or command)

(ii) The start in Back stroke swimming shall be as stated in Rule 87 (Back stroke and Medley relay races)

(iii) The starter shall call back the competitors at the first or second false start and remind them of not starting before the starting signal Such false start if repeated in the same heat (no matter if by the same or another swimmer) shall disqualify

**SEEDING OF HEATS AND FINALS**

**Rule 3** In the Olympic Games World Championships and Regional Games the starting stations for all events heats, semi-finals and finals shall be by seeding as follows

(i) Trial Heat

(a) The best competitive times of all entrants shall be submitted on entry forms and listed in order of times by the meet committee Contestants who do not submit times shall be considered the slowest and shall be placed at the end of the list If there is more than one such entry their placing shall be determined by draw

- (b) The fastest swimmer or team, shall be placed in the last heat, the next fastest in the next to the last heat and so on, following which the second swimmer in each heat will be assigned in the same ascending order, beginning with the last heat and rising to the first heat, and thereafter until all swimmers are assigned
- (c) Assignment to lanes shall be, (number 1 lane being on the right side of the pool when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pools with an odd number of lane or in lane 3 or 4 respectively in pools having 6 or 8 lanes

The swimmer having the next fastest time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane position by draw within the aforesaid pattern

#### (ii) Final

Where no preliminary heats are necessary, lanes shall be assigned in accordance with (i)c above

Where preliminary heats have been held lanes shall be assigned in accordance with (i)c above based, however, on times established in such heats

(iii) In swimming competitions other than those specified in Rule 62 introductory para, the draw system may be used for assigning lane positions

### THE POOL

**Rule 4** Specifications for pools for the conduct of Olympic Games and World Championships and Regional Games

#### (1) Length—50 00 metres

50 01 metres when touch panels of electronic timing apparatus are removable

50 00 metres when touch panels are built in permanently

#### (2) Dimensional tolerances

Against the nominal length of 50 00 metres, a tolerance of plus 0 03 metres, 0 3M above and 0 8M below the surface of the water. This applies to both end walls at all points

These measurements should be certified correct by a surveyor <sup>et al</sup>

or other qualified official appointed or approved by the governing body of the Country

(3) Width—21.0 metres (minimum)

(4) Depth 1.8M over all for Olympic Games

(5) Walls

(a) Shall be parallel and vertical

End walls shall form right angles with the surface of the water and shall be constructed of solid material with a non slip surface extending 0.8M below the water surface so as to enable the competitor to touch and push off in turning without hazard

(b) Electronic touch panels must not exceed 0.01M in thickness over the entire area covering the whole finish wall of each lane extending 0.3M above and 0.8M below the water surface

The electronic equipment for each lane must be connected independently so that they may be controlled individually. The surface of the touch panels must be of a bright colour and must bear the line markings approved for the end walls

(c) Rest ledges along the pool walls are permitted they must be not less than 1.2M below the water surface and may be 0.1 to 0.15M wide

(d) Gutters—may be placed on all four walls of the pool. End wall gutters if installed must allow for attachment of touch panels to the required 0.3M above the water surface. They must be covered with a suitable grill or screen

Gutters should be equipped with adjustable shut-off valves so that the water may be kept at a constant level

(6) Number of lanes—8

(7) Width of lanes—2.5M each with 2 spaces each of 50 cm (0.5M) width outside of lanes 1 and 8. There must be a lane rope separating these spaces from lanes 1 and 8 respectively

(8) Lane Ropes—shall extend the full length of the course secured at each end wall to anchor brackets recessed into the end walls. Each lane rope will consist of floats placed end to end having a diameter of 0.05M to 0.10M

The colour of the floats extending for a distance of 50M

from each end of the pool shall be distinct from the rest of the floats

(9) Starting Platforms—The height of the platform above the water surface may be from 0.5M to 0.75M

The surface area—minimum 0.5M X 0.5M

Surface to be covered with non slip material

Maximum slope—not more than 10 degrees

Handrips for backstroke starts—must be placed within 0.3M to 0.6M above the water surface horizontally and vertically. They must be parallel to the surface of the end wall and must not protrude beyond the end wall

Numbering Each starting block must be distinctly numbered on all 4 sides clearly visible to the judges, No 1 being on the right hand side when facing down the course (pool)

(10) Back stroke turn indicators—Flagged ropes suspended across the pool 1.8M above the water surface from fixed supports or stands, shall be set 5.0M from each end wall

(11) False Start Rope—shall be suspended across the pool from fixed standards placed 15.0M in front of the starting end. It shall be attached to the standards by a quick release mechanism

(12) Water—Temperature  $+24$  Centigrade Minimum  
 $+77$  Fahrenheit Minimum

Level—During competition the water in the pool must be kept at a constant level with no appreciable movement.

NOTE In order to observe health regulations in force in most countries inflow and outflow of water is permissible as long as no appreciable current or turbulence is created

(13) Lighting—Light intensity over starting platforms and turning ends must not be less than 100 foot candles

(14) Lane Markings—Shall be of a dark contrasty colour, placed on the floor of the pool in the centre of each lane

Width—Min 0.20 M Max 0.31 M

Length— 46.0 M

Each lane line shall end 2.0 M from the end walls of the pool with a distinctive cross line 1.0 M long and of the same width as the lane line

The distance between the centre points of each lane line shall be 2.50 M

Target lines must be placed on the end walls or on the electronic timing pads in the centre of each lane of the same width as the lane lines

They shall extend without interruption from the deck edge (curb) to the floor of the pool. A cross line 0.5M long shall be placed 0.6M below the water surface measured to the centre point of the cross line

(15) Distance separating swimming pool from diving well - minimum—5.0M

## THE RACE

Rule 5 (a) Obstructing another competitor by swimming across or otherwise interfering shall disqualify the offender and should the foul be intentional the Referee shall report the matter to the Association promoting the race, and to the Association of the swimmer so offending

(b) Should a foul endanger the chance of success of a competitor the referee shall have power to allow him to compete in the next round, or should the foul occur in a final, he may order it to be reswum

(c) In all events a swimmer when turning shall make physical contact with the end of the bath or course. The turn must be made from the wall and it is not permitted to take a stride or a step from the bottom of the bath

The finish line shall be the unobstructed clearly definable vertical face of the wall which shall have no handrails or similar structures

(d) Standing on the bottom during a race shall not disqualify a competitor, but he shall not walk

(e) A competitor swimming over the course alone shall cover the whole distance to qualify

(f) In relay races the team of a competitor whose feet have lost touch with the starting block before his preceding partner touches the wall shall be disqualified unless the competitor in default returns to the original starting point at the wall but it shall not be necessary to return to the starting platform

(g) No competitor shall be permitted to use or wear an device that may aid his speed buoyancy or endurance during competition (such as wedged gloves, slippers fins, etc.)

(h) A swimmer must end the race in the same lane as that in which he started. A breast stroke swimmer will not be disqualified if he submerges below the surface for not more than 1 stroke, for the purpose of returning to his proper lane.

(i) **Illegal Pool Entry:**

- (a) Any swimmer not entered in a race, who enters the water in which an event is being conducted, before all swimmers therein have completed the race, shall be disqualified from his next scheduled competition in the meet.
- (b) Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg, enters the water when the race is being conducted, before all competitors of all teams have finished the race.

## BREAST STROKE SWIMMING

Rule 6 (a) The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface.

(b) All movements of the legs and arms shall be simultaneous and in the same horizontal plane without alternating movement.

(c) Hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water.

(d) In the leg kick the feet must be turned outwards in the backward movement. A "dolphin" kick is not permitted.

(e) At the turn, and upon finishing the race, the touch shall be made with both hands simultaneously at the same level, either at, above, or below the water level.

(f) A part of the head shall always be above the general water level, except that at the start and at each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged.

## BUTTERFLY STROKE

Rule 7. (a) Both arms must be brought forward together over the water and brought backward simultaneously.

(b) The body must be kept perfectly on the breast and both shoulders in line with the surface of the water from the beginning of the first arm stroke, after the start and on the turn.

(c) All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted.

(d) When touching at the turn or on finishing a race, the touch shall be made with both hands simultaneously on the same level and with the shoulders in the horizontal position. The touch may be made at, above, or below the water level.

(e) At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface.

### BACK STROKE SWIMMING

Rule 8 (a) The competitors shall line up in the water, facing the starting end, with the hands placed on the starting grips. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter, or bending the torso over the lip of the gutter is prohibited.

(b) At the signal for starting and when turning they shall push off and swim upon their backs throughout the race. The hands must not be released before the starting signal has been given.

(c) Any competitor leaving his normal position on the back before the head, foremost hand, or arm has touched the end of the course for the purpose of turning or finishing, shall be disqualified.

Clarification of turn. It is permissible to turn over beyond the vertical after the foremost part of the body has touched, for the purpose of executing the turn, but the swimmer must have returned past the vertical to a position on his back before the feet have left the wall.

### FREESTYLE SWIMMING

Rule 9 Freestyle means that in an event so designated the competitor may swim any style, except that in a Medley Relay or individual medley event freestyle means any style other than butterfly stroke, breaststroke or backstroke.

In Freestyle turning and finishing the swimmer can touch the wall with any part of his body. A hand touch is not obligatory.

Rule 10 Protest Any protest or complaint shall be

made in writing to the Referee within 30 minutes of the occurrence

But if known before the race, such protest must be lodged before the signal to start is given

All protest shall be considered by the Executive or Committee appointed by the Association of the country in which the race takes place or if occurring during the Olympic Games and World Championships by the FINA executive committee. When the officials are recognized or appointed by their Association, no protest or appeal shall be allowed from their decision on question of fouling or placing. The decision on these matters shall be final.

### WORLD AMATEUR RECORDS

**Rule 11** For world records the following distances and styles for both sexes shall be recognized

	Metre
Freestyle	100
	200
"	400
"	800
"	1,500
Breaststroke and Butterfystroke	100
	200
Backstroke	100
	200
Individual medley	
1 Butterflystroke	} 200
2 Backstroke	
3 Breaststroke	
4 Freestyle	
Freestyle relay	4 x 100
	4 x 200
Medley relay	4 x 100
1 Backstroke	
2 Breaststroke	
3 Butterfystroke	
4 Freestyle	

*The length of the pool shall be 50 meters*

For medley events the term freestyle designates any other than butterfly, back or breast stroke



- (a) Members of relay teams must be of the same nationality
- (b) All records must be made in still water and in a scratch competition, or individual race against time, held in public and announced publicly by advertisement at least three clear days before the race or attempt is to be made
- (c) The measurement of the course must be certified correct by a Surveyor or other qualified official appointed or approved by the Governing body of the country in which it is situated
- (d) The height of the starting platform from the surface of the water shall not exceed 75 cm (2 ft 6 in). The maximum slope of the platform must not be more than 10 degrees
- (e) The swimmer must be clothed as provided for in General Rule No. 56
- (f) The start shall be made with a dive except in backstroke swimming when the swimmer shall start in the water with both hands resting on the starting grip (Rule 87 (a))
- (g) No pacemaking shall be permitted nor may any device be used or plan adopted which has that effect

### TIMING

- (i) Electronic—If time is registered with approved electronic equipment, to three decimal places (1/1000) the third digit shall not be recorded or used except to determine placement  
e.g. —58.191 1st place  
58.199 2nd place

- (ii) Manual—Any timing device that is terminated by an official shall be considered as a watch. Manual time shall be taken by three time keepers appointed or approved by the governing body of the country concerned. They shall start their watches when the starting signal is given. When the time recorded by two of the time keepers agrees, this shall be the accepted time but in cases where the time by all three differs that recorded by the middle watch shall be accepted. The referee or some other responsible official shall inspect the watches used, record the time, and publically announce it. All watches used shall be certified as accurate to the satisfaction of the governing body concerned. If submitted as a World Record, time registered to one decimal place (1/10) shall have a zero added, i.e. 58.1 = 58.10

(iii) Records World Record lists shall be maintained in 1/100 sec time (2 decimal places) If a world record is timed in 1/10 sec time and submitted as required (ii above) and it is faster than the previous record by 9/100 sec or less both shall be listed as joint holders of the record

Only the time of the winner of a race may be submitted for a World Record

(i) In relays the first swimmer may apply for a World or National record if he his coach or manager specifically requests the referee that his performance be especially timed by three timekeepers

Time recorded by an approved electronic timing device will also be admissible for record consideration

(i) Applications for records must be made on the official form provided by the FINA and shall be sent to the governing body of the country concerned within 21 clear days of the performance who if satisfied that all the aforesaid regulations have been correctly observed shall in turn forward the application to the Hon Sec of the FINA as soon as possible thereafter or at latest so as to reach him by the following 1st of June or 1st of December No application shall be entertained which does not comply with this regulations A performance which apparently lowers the standing world record shall be provisionally reported within fourteen days of the date of such performance to the Hon Sec of the Federation by cablegram or by air mail and be subsequently confirmed as provided earlier in this rule by the national association passing the record

(j) Should a World Record be established and a responsible affiliated member has failed to notify the Hon secretary as stipulated application can be made in default thereof by the swimmer's own affiliated member After due investigation the honorary secretary is authorized to accept such record if the claim is found to be correct

(k) Times that equal or tie the accepted World Record will also be accepted as a Joint holder

(l) If the application for a record is accepted by the FINA a diploma signed by the President and the Hon secretary of FINA shall be forwarded by the Hon Secretary to the swimmer's federation for presentation to him in recognition of his performance

the dives to be performed or in the order of execution of the dives. Each competitor is entirely responsible for the accuracy of the statements in the list.

**Rule 14** Unless the list is presented in due time a competitor shall not be admitted to the competition.

**Rule 15** The referee shall inspect the list and should the statement in the list be not according to the rules, the referee shall decide, before the beginning of the competition whether or how the statement can be corrected or whether the competitor shall be excluded from the competition.

The competitor must be informed of the referee's decision immediately, or at the latest one hour before the competition.

**Rule 16** All dives must be executed by the competitors themselves without any assistance from any other person. Assistance between dives may be permitted.

### METHOD OF MARKING

**Rule 17** The judging panel shall be composed of the referee and the judges.

**Rule 18** For each competition of the Olympic Games, World and Continental Championships seven judges recognized by the FINA shall be appointed. For an official international competition five judges are sufficient.

The Referee may propose the removal of any judge whose judgment is regarded as unsatisfactory and may replace him by another judge subject to the approval of the appointed Jury of Appeal for that competition. Such a change of judges shall only take place at the end of a session or group of dives performed by each competitor. For Olympic Games the judging shall be carried out by an electrical machine which will display the judges' awards simultaneously.

**Rule 19** The referee shall manage the competition and insure that the regulations are observed.

**Rule 20** The minutes of the contest shall be kept by two secretaries.

**Rule 21** The judges shall be placed by the referee separately and preferably on both sides of the diving board if practicable. If not possible they shall be arranged together on one side. On no account once placed shall a judge change position unless at the direction of the referee and then only in extenuating circumstances.

**Rule 22** After each dive, on a signal given by the referee, each of the judges without communicating with one another, shall immediately and simultaneously and in a distinct manner announce the mark awarded by him

**Rule 23** The judges awards shall be dictated one by one in the same consecutive order to the first secretary who shall place them on his score sheet and cancel the highest and lowest awards. The second secretary shall enter on his score sheet the awards as shown by the judges. If two or more awards of those which are to be cancelled are equal either of them can be cancelled

**Rule 24** The secretaries shall independently state the total of the remaining awards, multiply it by the degree of difficulty to determine the score for the dive. In contests where there are seven judges, the score shall be divided by 5 and then multiplied by 3 in order to establish a comparable score obtained in contests where there are 5 judges

Example

5 Judges awards

	Total		Diff.		Score
7, 7, 7	= 21	<	2 0	=	42
7 Judges awards	Total		Diff		Score
7, 7, 7, 7, 7	= 35	>	2 0=70	5=14	×3=42

In order to facilitate the scoring computations a rapid calculator or chart may be used

**Rule 25** The final result shall be obtained from the list of results and entered in the main minutes at the end of the contest

**Rule 26** At the end of the contest the referee shall supervise the score sheets and the list of results in collaboration with the two secretaries, and confirm the final result by his signature in the main minutes

**Rule 27.** The winner of the contest shall be the competitor who obtained the greatest sum of points. In the event that two or more divers score the same number of points, a tie shall be declared for that particular place.

**Rule 28** Points or half points shall be awarded from 0-10 according to the opinion of the judges and the following table -

Completely failed	0 point*
Unsatisfactory	$\frac{1}{2}$ —2 point
Deficient	$2\frac{1}{2}$ —4 $\frac{1}{2}$ point
Satisfactory	5—6 point
Good	$6\frac{1}{2}$ —8 point
Very good	$8\frac{1}{2}$ —10 point

\*See also

Rule 30

Rule 29 When judging a dive only the dive is to be considered without regard to the approach to the starting position. The points to be considered are

The run	The technique and grace of the dive
The take-off	during the passage through the air
	The entry into the water

Rule 30 If the referee is certain that a diver has performed a dive obviously other than that announced by the performance of a different dive on the table, the referee shall declare it a failed dive. Dives of the same number are to be considered as the same dive. If a dive is performed clearly in a position other than that announced, the dive is to be considered unsatisfactory. The highest award for such a dive shall be 2 points.

In such circumstances, the referee shall repeat the announcement before giving the judges the signal to show their marks.

In any other circumstance the judges shall award up to a maximum of  $4\frac{1}{2}$  points, according to their opinion. The diving referee is authorized to have a spoiled dive repeated, when in his opinion the execution of the dive was influenced by exceptional circumstances. The request for such repetition must be made immediately. Also, if a repetition of a dive is granted the first dive shall be judged and the marks be noted to be used if an eventual protest should be accepted. If a judge considers that a dive of a different number has been performed he may award 0 point, notwithstanding that the referee has not declared it to be a failed dive.

Rule 31 In the case of a dive being announced erroneously, the diving referee may cancel it and have the correct dive performed immediately after the execution of the erroneously announced dive. The diver, whose dive was erroneously announced, or his representative, should have it rectified at once, if possible before its execution.

Rule 32 The diver who refuses the execution of a dive shall receive 0 points.

**Rule 33** If a judge is unable to continue to function after a competition has started, he shall be replaced by another judge of the same nationality

If no judge of the same nationality is available the representative of that country—or the referee, if necessary—may select any judge as a substitute

If a judge, by reason of illness or other unforeseen circumstances, has made no award for a particular dive the average of the awards of the other four or six judges shall be considered as his award, and this shall be calculated to the nearest half point

### EXECUTION OF THE DIVE

**Rule 34** Dives should be executed and judged on the following principles

(a) The approach to the starting position shall not be taken into consideration the starting position shall be free and unaffected

(b) The starting position in standing dives shall be assumed when the competitor stands on the front end of the board or on the front end of the platform The body shall be straight, head erect, with the arms straight and to the sides or above the head The arm swing commences when the arms leave the starting position

If the correct starting position is not assumed, each judge shall deduct 1 to 3 points from his award, according to circumstances

The starting position of a running dive shall be assumed when the competitor is ready to take the first step of the run

Forward take off dives from the springboard may be performed either standing or running of the opinion of the diver A prior declaration of the manner of take off is not required The judges shall award points for a standing dive bearing in mind the height and standard of execution which might be expected from a running dive After the competition is started a diver may not bounce on the springboard until after the score of the previous diver has been announced

(c) The run shall be smooth straight and without hesitation In a running dive from either the spring board or the platform the diver shall take at least four steps in all, including the take off from one or both feet If a diver takes less than four steps

the referee shall deduct two points from the award of each judge

(d) The take off shall be bold, reasonably high and confident. In running dives the take off from the springboard must be from both feet simultaneously, or the referee shall declare it a failed dive, but from fixed boards the take-off can be from one foot only. When executing a standing dive, the diver must not bounce on the board before the take off.

When executing a running dive, the diver shall not be allowed to stop his run before the end of the board and, to make more than one jump on the same spot, before the final take-off, or the referee shall declare it a failed dive.

If a diver, preparing for the take off in backward dives, lifts his feet slightly off the board, this shall not be regarded as a bounce, but as an involuntary movement and the judges (not the referee) shall deduct from their awards according to their individual opinions.

If in any dive the diver touches the end of the board, or dives to the side of the direct line of flight this indicates, no matter how well the dive may have been executed, that he was too close to the board for proper execution and each judge must exercise his own opinion regarding the deduction to be made.

If, in an Armstand Dive, a steady balance in the straight position is not shown the judges should deduct from 1 to 3 points.

The diver who loses his balance and who makes a second attempt shall receive 2 points less than if he had obtained his balance at the first attempt. This deduction shall not be made by the judges but shall be announced by the referee, who shall subtract 2 points from the award of each judge or from the average value of their awards. If the second attempt to obtain a balance is unsuccessful, the referee shall declare it as a failed dive.

The same applies to a re-start in a standing dive after the arm swing has commenced or to a re-start in a running dive after the run has commenced.

On the occasion of strong wind, the referee may give all competitors the right to make a re-start without deduction of points. This should, if possible, be announced before the commencement of the contest.

(e) During the passage through the air the body can be carried straight, with pike or with tuck. In the first case the body shall not be bent either at the knees, or at the hips, the feet shall be together and the toes pointed.

In the second case the body shall be bent at the hips, but the legs must be kept straight at the knees, toes pointed.

In the third case the whole body is bunched up with the knees together, hands on the lower legs and toes pointed.

If a diver opens his knees in the tuck, this judges shall deduct from one to two points.

The diving illustrations serve as guides only and it is to be noted that the position of the arms shall be at the choice of the diver. The position of the arms in the Forward Dive (a) Straight shall now be optional as for all other movements. The beauty of the dive shall be a matter for the judges.

(f) In all flying somersault dives a straight position should be clearly shown for approximately half a somersault. This position should be assumed from the take off except in dive No 116 Table B, in which the straight position must be shown after one somersault has been completed.

(g) In straight dives with one half or full twist, the twisting must not manifestly be done from the board.

In pike dives with twist, the twist must not be started until there has been a marked pike position. In somersault dives with twist, the twist may be performed at any time during the dive at the option of the competitor.

It is a failed dive if the amount of the twist is greater or less than that announced, by 90 degrees.

(h) The entry into the water must in all cases be vertical, or nearly so, with the body straight, toes pointed. All head first entries shall be executed with the arms stretched beyond the head in a line with the body, with the hands close together, all feet first entries with the arms close to the body, and no bending at the elbows.

If the arms are not in the correct prescribed position on entry into the water, each judge shall deduct from 1 to 3 points from his award according to circumstances.

If the arms are held beyond the head in a feet first entry the dive is *not to be considered as satisfactory*. The highest award for such a dive shall be  $4\frac{1}{2}$  points.



The dive is considered to be finished when the whole body is completely under the surface of the water

### PROTESTS

**Rule 35** All protests, if any, shall be made to the referee in writing immediately after the end of the contest

Protests, the reason of which is known before hand, must be lodged before the start of the contest

No protest can be made against the marking of the judges

Decisions concerning protests shall be given by the Jury of Appeal

Protests against incidents not covered by these regulations shall be referred to the International Diving Committee of the FINA which shall consider them as quickly as possible

## TABLE TENNIS

**1 The Table** The table shall be in surface rectangular, 274 cm in length and 152.5 cm in width, it shall be supported so that its upper surface, termed the 'playing surface', shall lie in a horizontal plane 76 cm above the floor. It shall be made of any material and shall yield a uniform bounce of not less than 22 cm and not more than 25 cm when a standard ball is dropped from a height of 30.5 cm above its surface. The playing surface shall be dark coloured, preferably dark green, and matt, with a white line 2 cm broad along each edge. The lines at the 152.5 cm edges, or ends, shall be termed 'end lines', and the lines at the 274 cm edges, or sides, shall be termed 'side lines'.

For doubles, the playing surface shall be divided into halves by a white line 3 mm broad running parallel to the side lines, termed the 'centre line'. The centre line may, for convenience, be permanently marked in full length on the table and this in no way invalidates the table for singles play.

**2 The Net and its Supports** The playing surface shall be divided into two courts of equal side by a net running parallel to the end lines. The net, with its suspension shall be 183 cm in length, along its whole length its upper part shall be 15.25 cm above the playing surface and its lower part shall be close to the playing surface. It shall be suspended by a cord attached at each end to an upright post 15.25 cm high, the outside limits of each post shall be 15.25 cm outside the side line.

**3 The Ball** The ball shall be spherical, with a diameter of not less than 37.2 mm and not more than 38.2 mm. It shall be made of celluloid or a similar plastic, white or yellow and matt, it shall be not less than 2.40 gm and not more than 2.53 gm. in weight.

**4 The Racket** The racket may be of any size, shape or weight. Its surface shall be dark coloured and matt. The blade shall be of wood, continuous, of even thickness flat and rigid. If the blade is covered on either side, this covering may be either plain, ordinary pimples rubber, with pimples outward, of a total thickness of not more than 2 mm, or 'sandwich,'

consisting of a layer of cellular rubber surfaced by plain, ordinary pimpled rubber, turned inwards or outwards, of a total thickness of not more than 4 mm. When rubber is used on both sides of a racket, the colours on the two sides shall be similar, when wood is used for either side it should be dark, either naturally or by being stained, but not painted in such a way as not to change the friction character of the surface.

The part of the blade nearest the handle and gripped by the fingers may be covered with any material for convenience of grip, and is to be regarded as part of the handle. Similarly, if the reverse side of the racket is never used for striking the ball it may be covered with any material as the limitation of covering materials applies only to the striking surface, a stroke with a side covered with any material other than those specified above would, however, be illegal and result in a lost point.

**5 The Order of Play** In singles the server shall first make a good service, the receiver shall then make a good return and thereafter server and receiver shall each alternately make a good return.

In doubles, the server shall first make a good service, the receiver shall then make a good return, the partner of the server shall then make a good return, the partner of the receiver shall then make a good return and thereafter each player alternately in that sequence shall make a good return.

**6 A Good Service** The ball shall be placed on the palm of the free hand, which must be stationary, open and flat, with the fingers together and the thumb free. The free hand, while in contact with the ball in service shall at all times be above the level of the playing surface.

Service shall then begin by the server projecting the ball by hand only, without imparting spin, near vertically upwards, so that the ball be visible at all times to the umpire and so that it visibly leave the palm.

As the ball is then descending from the height of its trajectory it shall be struck so that it touch first the server's court and then, passing directly over or around the net, touch the receiver's court.

In doubles the ball shall touch first the server's right half court or the centre line on his side of the net and then, passing over or around the net, touch the receiver's right half court or the centre line on his side of the net.

At the moment of the impact of the racket on the ball in service, the ball shall be behind the end-line of the server's court or an imaginary extension thereof.

Strict observance of the prescribed method of service may be waived where the umpire is notified, before play begins, that compliance is prevented by physical disability.

7. A Good Return. The ball having been served or returned in play shall be struck so that it pass directly over or around the net and touch directly the opponent's court, provided that if the ball, having been served or returned in play, return with its own impetus over or around the net it may be struck while still in play so that it touch directly the opponent's court. If the ball, in passing over or around the net, touch it or its supports it shall be considered to have passed directly.

8. In Play. The ball is in play from the moment at which it is projected from the hand in service until:

- (a) it has touched one court twice consecutively;
- (b) it has, except in service, touched each court alternately without having been struck with the racket intermediately;
- (c) it has been struck by a player more than once consecutively;
- (d) it has touched a player or anything he wears or carries,
- (e) it has come into contact with the racket or the racket hand below the wrist not yet having touched the playing surface on one side of the net since last being struck on the other side, when it shall be said to have been 'volleyed';
- (f) it has touched any object other than the net, supports, or those referred to above;
- (g) it has, in a doubles service, touched the left half-court of the server or of the receiver;
- (h) it has, in doubles, been struck by a player out of proper sequence, except as provided in Law 15.

(i) it has, under the Expedite System, been returned by thirteen successive good returns of the receiving player or pair.

9. A Let. The rally is a let:

- (a) if the ball served, in passing over the net, touch it or its supports, provided the service be otherwise good or be volleyed by the receiver;
- (b) if a service be delivered when the receiver or his partner is not ready, provided always that a player may not be deemed to be unready if he or his partner attempt to strike at the ball;

(c) if, owing to an accident not within his control, a player fail to make a good service or a good return, or otherwise terminate the rally,

(d) if it be interrupted for correction of a mistake in playing order or ends,

(e) if it be interrupted for application of the Expedite System

**10 A Point** Except as provided in Law 9, a player shall lose a point

(a) if he fail to make a good service,

(b) if, a good service or a good return having been made by his opponent, he fail to make a good return,

(c) if he, or his racket or anything that he wears or carries, touch the net or its supports while the ball is in play,

(d) if he, or his racket, or anything that he wears or carries, move the playing surface while the ball is in play,

(e) if his free hand touch the playing surface while the ball is in play,

(f) if, before the ball in play shall have passed over the end lines or side lines not yet having touched the playing surface on his side of the net since being struck by his opponent, it come in contact with him or with anything he wears or carries,

(g) if he volley the ball,

(h) if, in doubles, he strike the ball out of proper sequence, except as provided in Law 15,

(i) if, under the Expedite System, his service and the twelve following strokes of the serving player or pair be returned by good returns of the receiving player or pair

**11 A Game** A game shall be won by the player or pair first scoring 11 points, unless both players or pairs shall have scored 20 points when the winner of the game shall be the player or pair first scoring 2 points more than the opposing player or pair

**12 A Match** A match shall consist of one game, the best of three or the best of five games. Play shall be continuous throughout, except that either player or pair is entitled to claim a repose period of not more than five minutes duration between the third and fourth games of a five game match

**13 The Choice of Ends and Service** The choice of ends

and the right to serve or receive first in a match shall be decided by toss, provided that, if the winner of the toss choose the right to serve or receive first the loser shall have the choice of ends and vice versa, and provided that the winner of the toss may, if he prefers it, require the loser to make first choice

In doubles, the pair who have the right to serve the first five services in any game shall decide which partner shall do so. In the first game of a match the opposing pair shall then decide similarly which shall be the first receiver. In subsequent games the serving pair shall choose their first server and the first receiver will then be established automatically to correspond with the first server as provided in Law 14

**14 The Change of Ends and Service** The player or pair who started at one end in a game shall start at the other in the immediately subsequent game and so on, until the end of the match. In the last possible game of the match the players or pairs shall change ends when first either player or pair reaches the score 10. In singles, after five points the receiver shall become the server and the server the receiver, and so on until the end of the game, except as provided below. In doubles, the first five services shall be delivered by the selected partner of the pair who have the right to do so and shall be received by the appropriate partner of the opposing pair. The second five services shall be delivered by the receiver of the first five services and received by the partner of the first server. The third five services shall be delivered by the partner of the first server and received by the partner of the first receiver. The fourth five services shall be delivered by the partner of the first receiver and received by the first server. The fifth five services shall be delivered at the first five and so on, in sequence, until the end of the game except as provided below

From the score 20 all, or if the game is being played under the Expedite System, the sequence of serving and receiving shall be the same but each player shall deliver only one service in turn until the end of the game. The player or pair who served first in a game shall receive first in the immediately subsequent game

In the last possible game of a doubles match the receiving pair shall alter its order of receiving when first either pair reaches the score 10. In each game of a doubles match the initial order of receiving shall be opposite to that in the preceding game.

**15 Out of Order of Ends, Serving or Receiving** If the players have not changed ends when ends should have been changed, they shall change ends as soon as the mistake is discovered, unless a game has been completed since the error, when the error shall be ignored. In any circumstances, all points scored before the discovery shall be reckoned.

If by mistake a player serve or receive out of his turn, play shall be interrupted as soon as the mistake is discovered and shall continue with that player serving or receiving who, according to the sequence established at the beginning of the match or at the score 10 if that sequence has been changed as provided in Law 14, should be server or receiver respectively at the score that has been reached. In any circumstances, all points scored before the discovery shall be reckoned.

**16 Expedite System** If a game be unfinished fifteen minutes after it has begun, the rest of that game and the remaining games of the match shall proceed under the Expedite System. Thereafter, each player shall serve one service in turn and, if the service and twelve following strokes of the serving player or pair be returned by good returns of the receiving player or pair, the server shall lose the point.

**17 Definitions and Interpretations** (a) The period during which the ball is in play shall be termed a 'rally'. A rally the result of which is not scored shall be termed a 'let', and a rally the result of which is scored shall be termed a 'point'.

(b) The player who first strikes the ball during a rally shall be termed the 'server', and the player who next strikes the ball shall be termed the 'receiver'.

(c) The 'racket hand' is the hand carrying the racket, and the 'free hand' is the hand not carrying the racket.

(d) 'Struck' means 'hit with the racket, carried in the racket hand, or with the racket hand below the wrist'. A stroke made with the hand alone, after dropping the racket, or by the racket after it has slipped or been thrown from the hand, is 'not good'.

(e) If the ball in play comes into contact with the racket or the racket hand below the wrist, not yet having touched the playing surface on one side of the net since last being struck on the other side, it shall be said to have been 'volleyed'.

(f) The 'playing surface' shall be regarded as including the top edges of the table, and a ball in play which strikes these

latter is, therefore 'good' and still in play; if it strikes the side of the table-top below the edge it becomes out of play and counts against the last striker.

(g) 'Around the net' means under or around the projection of the net and its supports outside the table, but not between the end of the net and the post.

(h) If a player, in attempting to serve, misses the ball altogether he loses a point, because the ball is in play from the moment it is deliberately projected from the hand.



# TENIKOIT

*(Rules of the Game as usually played)*

1. The Court for the Regulation Doubles or Four-player Game shall be 40 ft. by 18 ft. The Singles or Two-Player Game shall be 40 ft by 9 ft. The Neutral Ground each side of the net shall be 3 ft wide (6 feet in all)

2. The net shall be of tanned or tarred cord and may be from 18 ft. to 20 ft in length and 18 ins deep. The top of the net shall be 5 ft high and shall be edged at the top with a white tape doubled and supported by a cord run through the tape and attached to the top of the posts

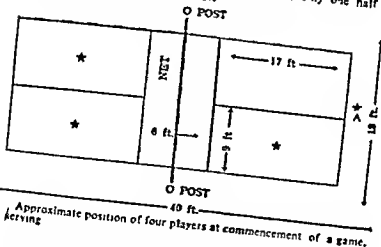
3. The posts shall be 5 ft high, and shall be sufficiently firm to keep the net strained, the net being 4 ft 9 ins high in the centre

Note The top of the net may be 5 ft. or 6 ft. high (Some rules require 5 ft others 6 ft. We recommend a 6 ft high net)

4. The ring shall be about 7 ins diameter,  $1\frac{1}{2}$  ins thick and shall weigh about 7 to 9 ozs

5. The Game is played by either one or two players on each side

Note In the game of one player a side (singles) only one half of the court is used, if the court is double



Approximate position of four players at commencement of a game.

6 The choice of courts or ends shall be decided by toss, the losers taking the first serve, or *vice versa*. The winners of a game commence the next game, but either player of that side may begin to serve.

7. The game with one player a side (singles) consists of 15 points, the game with two players a side (doubles) also consists of 15. Provided that if the score is 14-all, 'Long sets', may be played, *i.e.*, the play is continued until one side has two points more than the other, such as 17, 15 or 24, 22.

Scoring may be done as in Tennis or as in Volleyball.

NOTE Long sets are not permitted in American Tournaments Handicap games.

8 A rubber is the best of three games. The players shall change ends at the commencement of each new game, and also in the third game when the leading score is 8.

NOTE Long sets are not permitted in American Tournaments or ends as provided for the third game of a rubber.

9 In doubles the side asking the serve (called the side 'in') starts the game by one player standing on (or behind see Rule 14) the back line of the right hand court at any place on that line he may choose and serving the ring over the net to the opponent in the diagonally opposite court, his partner meanwhile occupying the left hand court where he may choose. Only the opponent to whom the ring is served may catch it, and provided he does so in accordance with Rule 10, he may return it over the net to any place within the boundaries of the opposite side there to be caught by either of the players of the side 'in' who again returns the ring to either of the opponents, the game proceeding until the ring becomes 'dead' under any of the following rules. If the first point is scored by the 'in' side that side scores one point, but if the point is scored by their opponents (the side 'out') then the 'in' side merely loses its serve, the serve passing to the 'out' side, no points being scored by either side, and the 'out side' taking the serve, thus becomes the 'in' side and proceeds as above. If the 'in' side score the first point and thus becomes one point to none (or 'one, love,') the player who served to continue to serve, but this time from the back of the left hand court, his partner having changed over to the right hand court, the serve of course being confined as before, to the server's diagonally opposite opponent, which will now be the opponent other than the one of whom he last served, the 'out'

side always retaining their courts, and not changing their courts until they become the 'in' side. As long as the 'in' side continues to win points so long does it retain the serve but on losing a point it loses the serve to its opponents no point of course being counted to its opponents until they win a point after taking the serve. For instance, supposing the 'in' side are 'four, love', and lose the next point, then the 'out' side through winning that point take the serve the score becomes love four', and the game proceeds. After losing the serve in playing 'doubles', the player who has been serving occupies the right hand court, thus receiving the first serve from his opponents his partner of course occupying the left hand court and receiving the second serve, if any.

The first player to serve of the 'out' side, when they have won their serve, is the player occupying the left hand court, who will when they lose their serve occupy the right hand court, the serve passing to the opponent in the left hand court, the serving being taken alternately.

In playing 'singles' the serve merely passes from one player to the other as, only one court per side being occupied, change is impossible.

After the serve is delivered the server and the other players may take up any positions they choose on their side of the net, irrespective of any boundary lines (See Rule 16)

10 The ring must only be caught with one hand, either hand being permissible. It is not permitted to catch with two hands, and to do so incurs the loss of a point. The ring may be caught by the hand against any part of the body of the player or his partner, or caught on any part of the body provided it does not touch the ground but it must always be thrown by hand. In play, but not in receiving a service, it is permissible for one hand of each partner to catch the ring at the same time, only one player returning it also if the ring is touched by one partner, it may be caught by the other the one who catches, returning it.

11 Both in serving and in play the delivery of the ring must be made with an upward tendency, and the ring must rise for at least 6 inches after it has left the hand. Over hand delivery in any form is not allowed and is a losing point if used, also in no circumstances must the hand be allowed to cross the net.

In serving, wobbling of the ring is not permitted

12 The ring must be returned by the player from approximately the position in the court where he has caught it. Such things as catching the ring in mid court, walking to the net, and practically dropping the ring over, are not allowed and lose points

13 Baulking in any form is not allowed, and if employed loses a point. Such things as feints at delivery are the commonest form of this

14 In serving, the server may take a run if he chooses, so long as the ring leaves his hand when he is either on or behind the back line of the court

15 Only one serve is allowed except in cases when the ring touches the net (called a 'let') in passing over, but is otherwise a good serve, when it does not count and the serve is replayed. If the ring touches the net in passing over but falls untouched either in the wrong court or out of bounds it is a foul stroke, the serve passes to the opponents in the usual way. *The ring touching the net in passing over during play other than the serve is not penalised*

16 No player, under penalty of losing a point, must stand within the neutral ground (3 ft on either side of the net), nor must the ring be allowed to drop within this ground, even though the ring has crossed the net. If the ring does so fall, a point is lost by the side which has delivered the ring.

NOTE. A foot on any line is counted in the Court and not penalised

17 The ring must be played over the net and not allowed to pass round the side of the post

18 A ring falling untouched (see Rule 21 if touched) in the proper court, if a serve, or 'in bounds' the succeeding play, counts against the side failing to catch it. A ring falling untouched out of the proper court, if a serve, or 'out of bounds' in subsequent play, counts against the side delivering the ring

19 The first point of contact with the ground is deemed to be the place where the ring has touched, and not that place where the ring eventually comes to rest. A ring striking any boundary line, no matter where the ring eventually comes to rest, is deemed as in the court

20 The server may not serve until both his opponents are ready

21 If a player catches the ring or even touches it no matter where he is standing (except the neutral ground) the catch is deemed to be good if caught under Rule 10. If the ring is touched and dropped, even though the player and the ring are outside the court boundaries (other than the neutral ground) the player is deemed to have lost the point

22 If in service the ring touches the top of the net in passing over, and is then caught by the player to whom it was served, it is assumed that the ring would have fallen into the proper court. It is thus a 'Let' under Rule 15 and must be replayed as such

23 The ring must be returned immediately and not retained in the hand. The holding of the ring is considered 'baulking', under Rule 13

24 A player serving from the wrong court, or out of turn, or to an opponent standing in the wrong court, shall not count any point won or lost unless the next succeeding service has been played when all points won or lost up to that service shall count. The error in serving will then be corrected and play resumed

25 The ring must be turned by the same hand with which it is caught

### A FEW BRIEF POINTS ON THE GAME OF TENIKOIT

Single—Two players—15 points up. Best of Three Games.

Doubles—Four players—15 points up

When the serving does not screw the Ring up, hold and play it naturally

Do not grab at a fast Ring, or wobbler, let the Ring come into the hand on a retarding movement, as a cricketer fields a ball

You must score off your own, Service, not that of your opponents

At 13 all, the first player reaching 13 may set the bet of 5

At 14 all, the first player reaching 14 may set the best of 3

The ring must not be thrown or served over hand in any shape or form, nor is a flat throw a Ring allowed. The temptation to throw flat or over hand Rings is very great when a fast rally is played close up to the net. Flat or over hand played rings absolutely spoil the game they stop all open play, and check the beneficial exercise the game provides.

The Ring must always be played or served with an upward tendency of at least six inches and as much more as the players care to give, no matter whether the Ring be taken high or low. No baulking or hesitating is allowed and the Ring must be returned immediately after it is received no matter in what position you are. Your feet are not allowed in the neutral ground (i.e., each side of the Net). A Ring striking any line or falling on a line is 'in' no matter where the Ring eventually comes to rest.

### SPECIAL NOTES ON THE SERVICE

The back hand service from the standing position (i.e., right foot forward) is without doubt the better when open play and finesse is preferred, and all the finer points of the game exploited to obtain the beneficial exercise and pleasant pastime 'Tenikoit' provides.

For faster and more aggressive play, use of fore-hand service (i.e., left foot forward from the standing position, or with a run). Both feet in any service must be behind or on the back line at the time the Ring leaves the hand. Fore hand play is indulged in from the back of the court. If played when close to the net, flat or over hand Rings are apt to be played, these should be promptly faulted. There are many occasions when fore hand play must be adopted, and if the Ring is played with a pronounced upward tendency no possible exception can be taken, and a lot of points are scored from this play on account of the Ring being returned so quickly and because it must be returned by the same hand by which it was caught. In taking a fast Ring whether naturally played or a wobbler, do not grab at it, take it with arm receding slightly.

## THROWBALL

*(Rules as adopted by the Women's Inter-Collegiate Athletic Association, Madras)*

Throwball is so called, because on a court 50' long and 30' wide, two teams of 9 players each, stand on either side of a net, and try to throw the ball back and forth across the net.

Note :

Court for high school girls

50 x 30—net 6' high.

Court for college students

60 x 40—net 7' high.

1. **Equipment.** The court shall be 50' long and 30' wide. Across the exact centre of the court the net shall be stretched between two posts. The posts shall be fixed in the ground, exactly 25' from either end-line, and at a spot 12" outside the court. For beginners the net may temporarily be fixed at a height of 5'. For High School matches the net should be fixed at 6'. For inter-collegiate matches the net should be fixed at 7'. The height of the net is always measured at the centre of the court. The net may not be touched during measuring. The height is taken from the ground, exactly to the top of the net, at the centre of the court.

On both sides of the net, parallel to it, and 3' away from it, a line shall be drawn across the court. This is called the box. The box is a neutral zone. If the ball lands in the box, it counts as out. No player may step into the box to recover a ball, but may reach forward into the box, catch the ball and return it, but while doing so, she must not step into the box.

The net must be provided with a rope, at the bottom as well as at the top of the net. The net must be tied at top and bottom so that its entire surface will be taut enough for the ball to rebound easily off it.

The ball shall be a No. 5 Association Football, and should measure when inflated between 27" and 29" in circumference.

2. **How to Play.** There shall be 9 players on each team. They stand in three lines of 3 players each. The same relative

positions must be maintained throughout any one game, and the order of serving *must not* be altered. Positions may, however, be altered for any subsequent game.

The players are numbered 1 to 9 in this order, and may not change their order during a game.

1	2	3
4	5	6
7	8	9

No. 9 serves first for her side.

(i) Officials : One umpire, 2 linesmen (one for each end of the field).

(ii) Tournaments : In tournament play the best of three games decides the match.

(iii) The Game : It consists of throwing, not batting, the ball to and fro across the net. The ball may not be batted, but must be caught and thrown with one or both hands.

(iv) Penalty : The side playing the ball, if serving, loses the service to opposite side. If receiving, the serving side gains a point.

(v) To begin the game :—The umpire tosses a leaf or coin and the captains of the two teams choose side or service. Players take their positions which the umpire must carefully note. Linesmen take their places.

3. How to Serve. (i) To serve the player stands at any point *outside* the court, and *behind* the line, with no part of the body touching the line, and throws the ball to *any part* of her opponents' court. Any one of her 9 opponents may catch the ball and attempt to throw it back across the net. The ball is thrown back and forth across the net until a player fails to return it. If the receiving side fails to return the ball, the serving side wins the point, they score one and continue serving. If the server fails to get the ball over the net, or if the serving side fails to return the ball, no score is made, but the serving side loses the service, and must then change places in zig-zag fashion. Number 9 moves up to position 1, and all other players then move up one, so that Number 8 is in serving position. After losing the service, players on the serving side must change places before the game may continue. But players on the receiving side do not change. Meanwhile the player due



**DIVISION III**  
**ATHLETIC RULES**  
for  
**MEN'S AND WOMEN'S INTERNATIONAL**  
**COMPETITIONS**

*Note. Alteration to Competition rules approved by Congress in 1972 are indicated by vertical lines in the page margins. All such changes come into force on 1st May 1973*

**RULE 101**

All international competitions shall be held under the rules of the International Amateur Athletic Federation and this shall be stated in all announcements, advertisements, programmes and printed matter

The rules as laid down shall be applicable to men's and women's competitions

*Note* It is recommended that National Associations should adopt the rules of the IAAF for the conduct of their own athletic meetings

**SECTION 1**

**RULE III**

**Officials of the Meeting** The list laid down in this rule comprises those officials considered to be necessary for principal international meetings. The organisers are at liberty to vary this where local circumstances require

**Management  
Officials**

One Manager  
One Secretary  
One Technical Manager

**Jury of Appeal  
Competition  
Officials**

One Referee for Track Events  
One (or more) Referees for Field  
Events  
One Referee for Walking Events  
Four (or more) Judges for Track  
Events

Four (or more) Judges for Field Events  
 Four (or more) Judges for Walking Events  
 Four (or more) Umpires for Track Events  
 Three (or more) Timekeepers  
 One (or more) Starters  
 One (or more) Recall Starters  
 One or more Starter's Assistants or Marksmen  
 One (or more) Lap Scorers  
 One Recorder  
 One Marshal  
 One or more Wind Gauge Operators

**Additional Officials**

One (or more) Announcers  
 One Official Surveyor  
 One (or more) Doctors  
 Stewards for Competitors, Officials and Press.

The principal official of each event should be indicated by a distinctive armband or badge.

If deemed necessary, assistants may be appointed. Care should however be taken to keep the arena as free from officials as possible.

Where women's events are held there shall be appointed as many women officials as may be appropriate, including a woman doctor when possible.

*For the duties of officials see the following rules.*

### **RULE 112**

**The Manager.** The Manager shall have charge of the Meeting and be responsible for the proper carrying out of the programme. He shall see that all officials have reported for duty and when necessary shall appoint substitutes, and in co-operation with the appointed Marshal, arrange that only authorised persons are allowed in the centre of the arena.

### **RULE 113**

**The Secretary.** The Secretary shall be responsible for

calling of the meetings of the Executive and other committees, and shall prepare all minutes relating thereto. He shall be in charge of all administrative arrangements and shall receive and conduct all principal correspondence relating to the Meeting.

#### RULE 114

**The Technical Manager** The Technical Manager shall act directly under the Manager of the Meeting and be responsible for seeing that the track, runways circles, arcs, sectors and pits for field events are properly laid out also that all equipment is according to specification and readily available for approval by the appointed Referee, and that scoring result and time recording cards are prepared.

(Also see Rule 116, para 2, and Rule 126 )

#### RULE 115

**Jury of Appeal** In area or Group Games or Championships a Jury of Appeal which should normally consist of not less than three nor more than five persons shall be appointed.

The primary function of the Jury shall be to deal with all protests under Rule 147 and with any other matters arising during the course of the meeting which are referred to them for decision. Their decision shall be final.

While in general the Jury should not intervene in the course of a meeting if they observe any matter which in their opinion, requires correction, they should discuss such matter with the responsible official and offer advice as to what should be done.

Decisions involving points which are not covered by the Rules shall be reported subsequently by the President of the Jury to the Honorary Secretary of the I A A F.

#### RULE 116

**Referees** 1 A separate Referee shall be appointed for track events, for field events and for events outside the stadium.

2 It shall be the responsibility of a Referee to see that the rules are observed (also see Rule 114) and decide any technical points which arise during the Meeting, and for which provision has not apparently been made in these rules. The Referee shall have jurisdiction to decide any placings in a race, only when Judges of the disputed place or places are unable to arrive at a decision. (Also see Rule 117 para 2, and Rule 146, para 1 )

3 Referees shall allocate Judges to particular events if this has not been previously arranged, specifying the duty each should carry out (e.g. circle, take off board etc.) announce to the Judges and ensure that the competitors are informed of the number of trials to be allowed under the rules even if this has been printed in the programme, supervise the measurements of performances, check the final results and deal with any disputed points (Also see Rule 117, para 1)

4 The appropriate Referee shall have the power to exclude any competitor for improper conduct and he shall decide on the ground any protest or objection as to the conduct of a competitor (Also see Rule 118, Rule 122 and Rule 147)

5 If in the opinion of the Referee circumstances arise at any meeting so that justice demands that any event should be contested again, he shall have power to declare the event void and such event shall be held again, either on the same day or on some future occasion, as he shall in his absolute discretion decide (Also see Rule 142, para 6)

6 The Referee shall have power to change the place of the competition in any field event if in his opinion the conditions justify a change. Such a change shall be made only after a round is completed

7 Upon completion of each event the result card shall be immediately filled in, signed by the Referee and handed to the Recorder (Also see Rule 123)

## RULE 117

### *General*

Judges 1 Subject to the rules laid down by the National Association and except in the case of the Olympic Games, the organisers of the meeting shall appoint the Judges for the various events. The Referee shall allocate the duties among the Judges (Also see Rule 116, para 3)

### *Track Events and Road Events finishing on the Track*

2 The Judges, who must all operate from the same side of the track shall decide the order in which the competitors finish and in any case where they cannot arrive at a decision shall refer the matter to the Referee who shall decide (Also see Rule 116, para 2)

NOTE. The Judges should be placed at least five metres (or 16 ft 6 in) from and in line with the finish and in order that they may have

good view of the finish line an elevated stand should be provided. A photo finish apparatus should be available for use whenever possible as an aid to the Referee and Judges. (See Rule 119, para 6 and Note to Rule 162 para 11.)

### *Field Events*

3 The Judges shall judge, measure and record each valid trial of the competitors in all events in which the result is determined by height or distance. In the high jump and pole vault, precise measurements should be made when the bar is raised particularly if records are being attempted. At least two Judges should keep a record of all trials, checking their recordings at the end of each round.

## RULE 118

*Umpires (Track Events)* 1 Umpires are assistants to the Referee, without power to give any decisions.

2 It shall be the duty of an Umpire to stand at such point as the Referee may determine to watch the competition closely and, in case of a foul or violation of the rules by a competitor or other person to make an immediate report of the incident to the Referee.

3 Umpires should also be appointed to undertake the duties of supervision in relay races at the take-over points.

*NOTE* When an umpire observes that a runner has run in a different lane from his own he should immediately mark where the runner ran outside his lane.

## RULE 119

*Timekeepers* 1 (a) There should be three official Timekeepers (one of whom should be the Chief Timekeeper) and one or two alternate Timekeepers who should time the winner of every event. The times recorded by the alternate Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fails properly to record the time, in which case the alternate Timekeepers shall be called upon in such order as has been previously decided, so that in all races three watches should have recorded the official winning time.

(b) Each timekeeper shall act independently and, without showing his watch to or discussing his time with any other timekeeper, enter his time on the printed form, and after signing the form, hand it to the Chief Timekeeper, who may examine the watches to verify the reported times.

(c) The Chief Timekeeper shall then decide what are the official times for each competitor, applying, as necessary, the provisions of this rule and provide the result for publication

(d) In the event of two of three official watches agreeing and the third disagreeing, the time shown by the two shall be the official time. If all three watches disagree, the time shown by the watch recording the middle time shall be the official time

(e) If the hand of the watch stops between the two lines indicating the time, the longer time shall be accepted. If a 1/100th second timer is used the time shall be read from it to the nearest 0.1 second, i.e. 9.94 is read as 9.9 but 9.95 is read as 10.0

(Also see Rule 195, para 6 (b), for Pentathlon and Decathlon events)

2 If for any reason only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted as the official time

3 The time shall be taken from the flash of the pistol or approved apparatus to the moment at which any part of the body of the competitor (i.e. torso as distinguished from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the nearer edge of the finish line

NOTES (1) It is recommended that the Timekeepers should be placed at least five metres (or 16 ft. 6 in.) from and in line with the finish on the opposite side of the track to the judges and in order that they may have a good view of the finish line, an elevated stand should be provided wherever practicable

(2) It is desirable wherever possible (a) to record times for the second and subsequent places and (b) to record lap times in races of 800 metres and over, and in addition times at every 1000 metres in races of 3000 metres and over

4 An electrical timekeeping device, approved by the National Association of the country where the competition is held, may be used

5 (a) For races up to and including one mile or its metric equivalent including Relay races, the timing shall be to one-tenth second

NOTE Where an electrical timekeeping device is used the times may be announced to one hundredth second (1/100 second) but shall be converted to one tenth as indicated below for the permanent official result

(b) For longer races, the timing shall be to one fifth second,

the times over each lap (as given to them by an official Time keeper) of the competitors for whom they are responsible. No Lap Scorer should record for more than four competitors.

2. A special Lap Scorer shall be appointed to notify to each competitor the number of laps which he still has to complete. He shall notify the final lap by the ringing of a bell or otherwise.

### RULE 123

**The Recorder** The Recorder shall collect the result of each event together with the times or heights or distances which shall be furnished to him by the Referee and the Chief Time keeper. He shall as soon as possible communicate the information to the Announcer and after recording the placings, times, heights or distances he shall hand the official result together with all cards to the Manager of the meeting. Also see Rule 116 para 7, and Rule 125.)

### RULE 124

**The Marshal** The Marshal shall have full charge of the arena and shall not allow any persons other than the officials, and competitors assembled to compete to enter and remain therein. He shall control his assistants and assign to them their duties. He shall arrange for an enclosure to be provided for officials when not on duty.

### RULE 125

**The Announcer** The Announcer shall give out to the public the names and numbers of the competitors taking part in each event and all relevant information such as the composition of the heats, lanes or stations drawn and intermediate times. The result (placings, times, heights and distances) of each event should be announced at the earliest possible moment after receipt of the information from the Recorder. (Also see Rule 123.)

### RULE 126

**The Official Surveyor** The Official Surveyor shall immediately prior to the meeting survey the track and runways, and measure all the distances which are to be contested, also the circles, arcs, sectors and other measurements relating to the field events.

He shall furnish to the Technical Manager and the Referee

before the meeting, certificates as to correctness. (Also see Rule 145, para. 4)

### RULE 127

**The Wind Gauge Operator.** The wind Gauge Operator shall ensure that the gauge is erected in accordance with Rule 148, paragraph 4 (h). He shall measure the direction and velocity of the wind appropriate in events and shall then record and publish the results obtained.

## SECTION II

### RULE 141

#### Rules for Competition

1. **Entries.** Competitions under I.A.A.F. Rules are restricted to amateurs in accordance with the I.A.A.F. Rules relating to the eligibility of athletes to compete (Refer to Rules 51-54)

2. No competitor shall be allowed to compete outside his own country unless his amateur status is guaranteed in writing by the recognised governing Athletic Association of his country, and he has permission from such body to compete. In all international competitions, such guarantee of the amateur status of an athlete shall be accepted as conclusive, for the time being of the athlete's eligibility to compete, any objection as to his status shall be referred to the I.A.A.F.

#### *Women's Events*

3. For Olympic Games and Area or Group Games or Championships, the Organising Committee shall appoint a panel of three medical doctors. Every entry for Women's events must be accompanied by a certificate issued under the provisions of Rule 141 (4) or by a photostat copy thereof, or the competitor will be required to appear before the Medical Panel appointed to act at the Meeting concerned.

4. When an athlete has appeared before such a Medical Panel and been declared eligible to compete in Women's events, the Panel shall forward to the I.A.A.F. the name of this athlete for inclusion on a Central Register.

Upon request from the National Federation, the I.A.A.F. will issue a certificate in respect of any athlete whose name appears on the Register.

5. In the case of International meetings other than Olympic Games and Area or Group Championships, entries must be ac-



companied either by a certificate issued under the provisions of Rule 141(4) or by a certificate signed by a qualified medical doctor and countersigned on behalf of the National Federation confirming that the athlete is qualified to compete in Women's events

#### *Failure to participate*

6 At Olympic Games and Area or Group Championships, it is recommended that a competitor be excluded from participation in further events including relays in cases where

(1) a final confirmation was given that the athlete would start in an event but then he or she failed to participate without giving a valid reason so that it was not practicable to delete the name officially from the list of starters for that event,

(2) he or she qualified in preliminaries or heats for further participation in an event but then did not compete further without giving a valid reason

**Note** A fixed time for the final confirmation of starters should be published in advance

### **RULE 142**

1 **The Competition** No performance accomplished by an athlete will be valid unless it has been accomplished during an official competition using only equipment authorised by the rules of the I A A F

2 In matches arranged between Members of the I A A F the number of trials in the jumping and throwing events may be reduced as desired, any such arrangement should be made previous to the meeting. Also see Rule 171, para 12, and Rule 181, para 2)

3 In all events competitors must wear clothing which is clean and so designed and worn as not to be objectionable. The clothing must be made of a material which is non transparent even if wet

In Olympic Games or any Area Games in Championships competitors shall participate in the uniform clothing of their National Federation

4 Competitors may compete in bare feet or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip of the ground, such shoes, however, must not be constructed so as to give the competitor any additional assistance

Competitors are not permitted to wear shoes which incorporate any spring or device of any kind or of which the sole, including grooves or ridges, has a total thickness exceeding 13 millimetres (0.5 in). The thickness of the heel must not exceed that of the sole by more than 6 millimetres (0.25 in) except in walking events, where shoes may be worn of which the thickness of the heel exceeds that of the sole by not more than 13 millimetres (0.5 in). The sole and the heel may have grooves, ridges and/or spikes. The number of spikes is limited to a maximum of six in the sole proper and two in the heel. The part of each spike which projects from the sole or the heel must not exceed 25 millimetres (1 in) in length or 4 millimetres (0.16 in) in diameter. A shoe strap over the instep is permitted. When a competition is conducted on an all weather track, competitors shall comply with the instructions of the Organisers as to the length of spikes.

Competitors may not use any appliance either inside or outside the shoe which will have the effect of increasing the thickness of the sole above the permitted maximum of 13 millimetres (0.50 in) or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraph.

5 Every competitor must be provided with two numbers to be worn visibly on the breast and back. The numbers must correspond with the number in the programme. If track suits are worn in the competition, numbers must be worn on the track suit in a similar manner. In the pole vault and high jump, the competitors may wear the number on the back or front only. No competitor shall be allowed to take part in any competition without the appropriate number or numbers.

At Olympic Games, and Area or Group Games of Championships, the competitors number card may bear only the official name of the meeting or competition (size not to exceed 15 cm x 2.5 cm, (6 in. x 1 in) in addition to the actual number.

NOTE. Where national governing bodies have contracts with commercial sponsors for the addition of lettering on number cards to be worn at matches with other Members and at domestic meetings Members are recommended not to permit this lettering to exceed 15 cm x 2.5 cm (6 in x 1 in) and to ensure that the same style of number is issued to all competitors taking part in the competition.

6. Any competitor jostling, running across or obstructing another competitor so as to impede his progress shall be liable to disqualification. If in any race a competitor is disqualified for any of these reasons, the Referee shall have power to order the race to be re-run excluding the disqualified competitor or, in the case of a heat, to permit any competitors affected by the act resulting in disqualification (other than the disqualified competitor) to compete in a subsequent round of the race. If for any reason a competitor is hampered in a trial in a field event, the Referee shall have power to award him a substitute trial. (Also see Rule 116, para 5.)

7. In all races run in lanes each competitor should keep his allotted lane from start to finish. This shall also apply to any portion of a race run in lanes. (Also see Rule 166 "Relay Races".)

8. If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has deliberately run outside his lane, he shall disqualify him, but if the Referee considers that such action was unintentional, he may at his discretion disqualify, if he is of the opinion that a material advantage was gained thereby. (Also see Note to Rule 118.)

(See table below for theoretical advantages obtained by running from 1 to 10 strides from 5 cm to 30 cm inside the inner border of a lane round the curves.)

Track 400 metres Stride 230 m Number of Strides	Advantage Gained by Encroaching 1 centimetres on Inside of Lane			
	1-5 cm	1-10 cm	1-15 cm	1-30 cm
	cm	cm	cm	cm
1	0.4	0.7	1.1	2.2
2	0.7	1.4	2.2	4.4
3	1.1	2.2	3.3	6.6
4	1.4	2.9	4.4	8.8
5	1.8	3.6	5.4	10.9
6	2.2	4.4	6.3	13.1
7	2.5	5.1	7.6	15.3
8	2.9	5.8	8.7	17.5
9	3.3	6.3	9.8	19.7
10	3.6	7.2	10.9	21.9

This table shows mathematically the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distances are shown in centimetres e.g. four strides 15 cm inside gives an advantage of 4.4 cm.

9 A competitor after voluntarily leaving the track of course shall not be allowed to continue in the race

In road races a competitor may leave the road with the permission and under the control of a judge, provided that by going off course he does not lessen the distance to be covered

In field events and Decathlon and Pentathlon events, with the permission of and accompanied by a judge, a competitor may leave the immediate area of the track during the progress of the competition

10 Except with the prior approval of the Referee, no official nor any other person within the arena shall indicate any intermediate times to competitors

11 Except as provided in Rules 165 and 191 (Marathon races and long distance walking races), during the progress of an event no competitor shall receive any assistance whatsoever from any person "Assistance" includes conveying advice or information to an athlete by any means

Any athlete receiving advice or information must be cautioned by the referee and warned that for any repetition, he will be debarred from further participation in the competition Any performance accomplished up to that time will stand

12. If a competitor is entered in both a track event and field event, or in more than one field event taking place simultaneously, the judges may allow the competitor to take his trials in an order different from that decided upon prior to the start of the competition, but the competitor cannot demand to take all his trials in succession or to take any trials of the rounds in which he has failed to appear.

13 Subject to the provisions of paragraph 12, if a competitor misses his turn in a field event, he shall not be permitted to take the trial so missed

14 A competitor in a field event who unreasonably delays making a trial renders himself liable to have that trial disallowed and recorded as a fault For a second delay at any time during the competition, he shall be debarred from taking any further trials, but any performance accomplished up to that time shall stand

It is a matter for the Referee to decide, having regard to all

the circumstances, what is an unreasonable delay. The following times, which must not be regarded as imperative, should not normally be exceeded:

(a) In the case of the High Jump, Long Jump, Triple Jump, Shot, Discus, Hammer and Javelin, 2 minutes and

(b) In the case of the Pole Vault, 3 minutes.

The competitor must be notified by the official responsible when the period allowed for his trial has commenced.

15 The Referee shall have the power to change the place of the competition in any field event, if in his opinion the conditions justify it. Such a change shall be made only after a round has been completed.

16 Except in the case of relay races run in lanes (see Rule 166), competitors may not make check marks or place objects on or alongside the running track for their assistance.

17 In international matches where the result of a match is to be determined by the scoring of points, the method of scoring will, unless otherwise agreed by all the competing countries before the meeting, be as follows:

(a) Where there are two teams with two competitors in each event 5, 3, 2, 1

(b) Where there are three teams with two competitors in each event, or two teams with three competitors in each event, or six teams with one competitor in each event 7, 5, 4, 3, 2, 1

(c) In relay races with two teams 5, 2

In relay races with three teams 7, 4, 2

In relay races with six teams 7, 5, 4, 3, 2, 1

NOTE: The scoring system set out above is based on the number of athletes (or teams in relay races) entitled to compete in each event and will not be changed if the number actually competing in any event is smaller.

## RULE 143

### Track Events

**Rounds, Heats and Qualifying Competitions.** 1 Preliminary rounds (heats) shall be held in track events in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a single round (final).

2 The heats and qualifying competitions shall be arranged by the Committee conducting the Meeting except in the

Olympic Games when the Council of the I.A.A.F. will act. The representatives of each nation shall be placed as far as possible in different heats, which shall be so arranged that not less than six competitors shall qualify for the final.

*NOTE.* It is recommended, when heats are being arranged, that the latest standard performances by the competitors be taken into consideration and the heats so arranged that normally the best performers should reach the final.

3. In any competition where there are more competitors than can be placed in the first row, the draw for stations shall be by nations, when one competitor from each nation shall be placed in the order of the draw. Additional starters from any nation shall then be placed behind, in the same order.

4. A competitor shall not be allowed to compete in a heat other than the one in which his name appears, except in circumstances which in the opinion of the Referee justify an alteration.

5. In all preliminary rounds, at least the first and second in each heat shall qualify for the next round, and it is recommended that where possible at least three in each heat should qualify.

The other competitors to qualify for the next round shall be decided either according to their placings or according to their times.

Where competitors are to qualify by times, the order in which the heats are run shall be decided by draw after these rounds have been made up.

6. The following minimum times must be allowed when practicable, between last heat of any round and the first heat of a subsequent round or final :

Up to and including 220 yards	..	45 minutes
Over 220 yards and up to and including 1000 metres	... ..	90 minutes
Over 1000 metres	... ..	3 hours

#### *Field Events*

7. In any field event, a qualifying competition may be held if necessary, to decide who shall compete in the competition proper. The qualifying conditions shall be arranged by the Committee conducting the Meeting except in the Olympic Games when the Council of the I.A.A.F. will act.

The competitors shall compete in the order drawn by lot and, where possible their names shall be placed in the programme in the order drawn. In a qualifying competition, apart from the High Jump and Pole Vault, each competitor shall be allowed three trials. A competitor once having achieved the qualifying standard shall not be allowed to continue in the qualifying competition. At the end of the qualifying competition the order for competing in the competition proper shall be determined by a fresh drawing by lot.

**Note** In major competitions where there are enough competitors to warrant it it is recommended that the qualifying competition be divided into two or more groups. The second group should start the competition immediately the first group has finished unless there are facilities for the two groups to compete at the same time.

#### RULE 144

**Doping** 1 Doping before or during competition is forbidden.

2 Doping is the use by or distribution to a competitor of certain substances which could have the effect of improving artificially the competitor's physical and/or mental condition and so augmenting his athletic performance.

3 Doping substances, for the purpose of this rule, include the following:

(a) *Psychomotor stimulant drugs* e.g. Amphetamine, benzphetamine, cocaine, diethylpropion, dimethylamphetamine, ethylamphetamine, fenclonamine, fenproporex, methylamphetamine, methylphenidate, norpseudoephedrine, pemoline, phenidimetrazine, phenmetrazine, phentermine, pipradol, prolintane, and related compounds.

(b) *Sympathomimetic amines* ephedrine, methylephedrine, methoxyphenamine, and related compounds.

(c) *Miscellaneous central nervous system stimulants* Leptazol, amiphenazole, bemigrade, nikethamide, strychnine, and related compounds.

(d) *Narcotic Analgesics* e.g. morphine, heroin, methadone, pethidine, dextromoramide, dipipanone.

(e) *Anabolic steroids*

The above list is not necessarily comprehensive. Cases of doubt as to other substances which may be regarded as doping substances shall be referred to the Medical Committee for decision. Before any penalties are imposed under this rule

The actual doping substance must be identified beyond reasonable doubt

4 Anti doping controls shall be carried out under the supervision of a Doping Committee and will take place only when ordered by the I A A F or by the Area or national governing body responsible for organising or sanctioning the meeting. The Doping Committee shall include a qualified medical officer and an appropriate official of the meeting (e.g. a Technical Delegate)

Where testing for doping is to be carried out, the method of selection of the athletes to be controlled shall be decided before the event by the Doping Committee. Additional controls or tests may be ordered after the event at the discretion of the Doping Committee

5 An athlete who takes part in a competition must if so requested by the responsible official submit to an anti doping control. Refusal to do so will result in disqualification, and the athlete shall be reported to his national governing body, who shall inform the I A A F

6 Medication administered by any route within 3 days of the start of the competition or event, must be declared to the Doping Committee before the competition or event, by means of official forms

7 A competitor found to have used or to be in possession of doping substances at an athletic meeting shall be disqualified from the competition and reported to his national governing body (See Rule 53, para xi)

Likewise any person assisting or inciting others to use doping substances shall be considered as having committed an offence against I A A F rules and thus exposes himself to disciplinary action

Any offences under this rule shall be reported by the national governing body to the I A A F

8 The detailed procedure for the conduct of tests, including the collection of urine samples, the method of analysis and the use of accredited laboratories shall be determined by the Medical Committee of the I A A F. Copies of the current approved procedure shall be supplied on request by the I A A F to responsible organising bodies for the information and guidance of the Doping Committees, athletes and officials



# RULE 145

**Measurements and Weights** 1 All measurements must be made with a certified steel or fibre glass tape or bar graduated in centimetres and/or quarter inches and all implement must be weighted on a governmentally approved balance

2 In measuring the track two independent measurements must be made, which may not differ from each other by more than  $0.0003 \times L + 0.01$  metres where 'L' is the length of the track in metres

**NOTE** This formula gives a highest permitted difference between two measurements for

100m	0.04m
400m	0.13m

3 In measuring the distances of throwing putting and jumping events that part of the tape recording the distance achieved must be held by an official at the take off point the circle or scratch line Distances if measured in metres shall always be recorded to the nearest centimetre below the distance covered i.e. fractions less than one centimetre must be ignored except that in the case of the discus hammer and javelin throws distances shall be recorded in even 2 centimetre units (e.g. 62.44m 62.46m etc.) to the nearest unit below Distances if measured in feet shall be recorded to the nearest quarter inch below the distance covered except that in the case of the discus hammer and javelin throws distances shall be recorded in units of 1 inch to the nearest inch below In jumping for height all measurements shall be made perpendicularly from the ground with a certified steel or fibre glass tape or bar to the lowest part of the upper side of the bar

**NOTE** For measurements for World Records for all field events see Rule 148 (4) (d)

4 A scientific measuring apparatus such as a datum line measurer the accuracy of which is approved by the Governmental Weights and Measures department of the country where the events are held, may be used

5 In events over roads the course shall be measured one metre from the verge of the road and in the direction of the race A certificate of correctness shall be furnished by the official surveyor—see Rule 126 It is recommended that a wheel of exact circumference which will record on a counter the number of revolutions be used The speed of operation of the

wheel should not exceed 3 miles or 5000 metres per hour and the counter must be checked against a stretch of road—not running track—not less than one kilometre in length accurately measured by a surveyor's chain, steel tape or fibre-glass tape.

See also Rules 126, 165 and 191.

NOTE. Instructions setting out the recommended method of measuring road courses may be obtained on application to the office of the I.A.A.F.

### RULE 146

Ties shall be decided as follows :

#### *Track Events*

Ties. 1. In the event of a tie in any heat which affects the qualification of competitors to compete in the next round of final, where practicable, the tying competitors shall both qualify, failing which they shall compete again. In case of a tie for first place in any final, the Referee is empowered to decide whether it is practicable to arrange for the competitors so tying to compete again. If he decides it is not, the result will stand. Ties in other placings shall remain.

#### *Field Events*

2. In jumping or vaulting for height.

(a) If it concerns the first place.

(i) The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.

(ii) If the tie still remains, the competitors tying shall have one more jump at the height at which they failed, and if no decision is reached, the bar shall be lowered or raised to the heights previously decided upon and announced according to Rule 171 (8). They shall then attempt one jump at each height until the tie is decided. Competitors so tying must jump on each occasion when deciding the tie.

(b) If it concerns any other place, the competitors shall be awarded the same place in the competition.

3. In those field events where the result is determined by distance, the second best performance of the competitors tying shall decide the tie. If the tie still remains, the third best, and so on.

## RULE 147

1 **Protests** Protests concerning the status of an athlete to participate in a meeting must be made prior to the commencement of such meeting, to the Jury of Appeal, or, if no Jury has been appointed to the Referee. If the matter cannot be settled satisfactorily prior to the meeting the athlete shall be allowed to compete under protest and the matter be referred to the Council of the I A A F.

2 Protests relating to matters which develop during the carrying through of the programme should be made at once, and not later than within thirty minutes after the result has been officially announced. The Organisers of the meeting shall be responsible for ensuring that the time of the announcement of all results is recorded.

3 Any protest shall in the first instance be made orally to the Referee by the athlete himself or by some-one acting on his behalf. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. An application to the Jury of Appeal must be in writing signed by a responsible official on behalf of the athlete and must be accompanied by a deposit of £5 00 or its equivalent before the appeal is heard. The deposit will be forfeited if the protest is considered to be frivolous.

## RULE 148

1 **World Records.** When a World Record is to be claimed the I A A F member in the country where the record performance was made shall proceed without delay to collect all the information required to establish the record.

2 The official application form of the I A A F shall be filled in and forwarded to the I A A F office within six months. If the application concerns a foreign athlete, a duplicate of the form shall be sent to the National Association of the athlete in question.

3 A World Record shall be accepted for consideration if the application form is submitted by the Member where the record was made and is certified by the Referee, Judges and Recorder of the Meeting as to

date, time of day, place,

condition of track or field, level or gradient of ground,

state of weather; force and direction of wind, correctness as to the distance covered by the competitor in a race; correctness of announced time, distance or height, weight, measurement and material of implement, and assurance that the athletic rules of the I.A.A.F. have been strictly followed.

4. The following conditions shall apply to all World Records

(a) The record has been approved by the National Association of the country where the record was made.

(b) The record must be made out of doors, and must not have been made on a wooden surface. Running and walking records may be made only on a track which is not banked and will be recognised only if the track has a raised border as specified in Rule 161 (1) or in the case of a grass track only if it is marked and flagged in accordance with Rule 161 (1).

(c) Running and walking records must be timed by official Timekeepers, as provided in Rule 119 (accepted by the National Association or such), whose watches must have been exhibited to the Chief Timekeeper for confirmation of the time recorded. Times recorded by approved fully automatic electrical timing devices (see Rule 119) may be accepted.

(d) Records in field events must be measured by three Field Judges with a certified steel or fibre-glass tape, graduated in centimetres, or by a scientific apparatus approved by the Governmental Weights and Measures department of the country where the event is held.

(e) Measurements for World Records for field events must be made and submitted in metres to the nearest centimetre below, except that in the case of the discus, javelin and hammer throws the distances shall be recorded in even 2 centimetre units to the nearest unit below (e.g. 62.44, 62.46, etc.)

*For the information of member countries these records will also be shown in feet and inches.*

(f) The record must be made in a *bona fide* scratch competition which has been duly fixed and advertised before the day and is included in the printed programme of the meeting together with the names of the entrants for the event, and has been sanctioned, recognized or certified by the I.A.A.F. Member for the country in which the event is held. A race must be

stated over one distance only. It is, therefore, not considered a *bona fide* scratch competition if any of the athletes compete at a shorter distance than others in the same race.

In deciding whether the competition was a *bona fide* one, the I A A F, will consider whether the claimant was unfairly assisted towards the time accomplished by pacing from another competitor apparently designed to assist him to achieve a record.

It is permissible for the same athlete to accomplish in the same race any number of records, but it is not permissible for an athlete to be credited with a record at a shorter distance if he did not finish the race over the full distance for which the race had been fixed.

In field events a handicap may be combined with the Scratch competition.

(f) The Organisers of the competition shall refrain from stating or including in any advertisement, programme or written matter of any kind, any suggestion that any event will be an attempt upon a record.

(g) For the 200 metres and 220 yards (including hurdles) there shall be two separate classes of records, those made on a straight course, and those on a course with bends.

Records over these distances in races not started on a perimeter shall be classified as made on a straight course. Records made on tracks of more than 440 yards perimeter shall be classified as straight course records unless at least 100 metres—110 yards—is run around bends.

For any record at any distance over 220 yards to be recognised, the track on which it was made must not exceed 440 yards in perimeter and the race must have started on some part of the perimeter. The limitation as regards perimeter does not apply to steeplechase events where the water jump is placed outside a normal 400 metres or 440 yards track.

On any track with more than eight lanes, records made in any lane beyond the eighth shall in the 200 metres or 220 yards be classified as "Straight course" records, and at distances over 220 yards shall not be accepted.

For walking records the track must be an oval from 350 metres (minimum) to 500 metres (maximum) with two curves and two straights from 60 metres (minimum) to 120 metres (maximum).

(h) *Wind Measurement*—For all records up to 220 yards, and for the long jump and triple jump, information as to wind conditions must be available. If the component of the wind measured in the direction of running behind the competitor for the period set out below averages more than 2 metres (6 ft 6 in) per second, the record will not be accepted.

The periods for which the wind component shall be measured are as follows from the flash of the pistol or approved apparatus:

100 yds. or 100 m	...	...	...	10
100 m hurdles	...	...	...	13
110 m or 120 yds. hurdles	...	...	...	15
200 m	}	straight (inc. hurdles)	...	20
220 yds.				

In 200 metres or 220 yards (including hurdles) run on a curve, the component shall be measured for a period of 10 seconds, commencing as the runners enter the straight. In the Long Jump and Triple Jump it shall be measured for a period of 5 seconds from the time a competitor passes a mark placed alongside the runway, in the case of the Long Jump 40 metres and in the case of the Triple Jump 35 metres, from the take-off board; or if the competitor runs less than 40 or 35 metres, as the case may be, from the time he commences his run.

In each case the average wind speed during the prescribed period will be calculated.

When the wind speed is taken into consideration, the wind measuring instrument shall be set up half way down the straight and, for the jumps, 20 metres from the take-off board. The instrument shall be not more than 2 metres away from the track or run-up and should be approximately 1.22 metres (4ft) high.

(i) The record must be better than or equal to the result in the latest World Record list, in the event in question. If a record at a longer distance is better than the existing record for a shorter distance, a claim may be submitted for records at both distances.

(j) In a race run in lanes, no record will be accepted where the runner has run on or inside the inner curved border of his lane.

(k) In the case of women's records, unless the athlete's name appears on the I A A.F. register (see Rule 141 para. 4), an

application must be accompanied by a medical certificate as to sex drawn up by a qualified medical doctor recognised by the National Association of the athlete claiming the record

(f) A relay record may be made only by a team whose members are citizens of a single member country. Citizenship may be obtained in any of the ways referred to in Rule 12 paragraph 8. A colony which is not in separate membership of the I A A F shall be deemed for the purpose of this rule to be part of its mother country

5 When a record is claimed for the Pentathlon or Decathlon the conditions imposed for recognising records in individual events must have been complied with save that a record will be recognised even though the wind assistance exceeded 2 metres per second as specified in Rule 148 paragraph 4(h) above provided it was not more than 4 metres per second

6 Records made in heats or qualifying competitions in deciding ties and in individual events in Pentathlon and Decathlon competitions will be accepted

7 The President and the Honorary Secretary of the I A A F together are authorised to recognise World Records. If they are in any doubt whether or not the record should be accepted the application shall be referred to the Council for decision

The I A A F will inform the Member applying for a World Record of the acceptance of the record or will state the reason why the record was not accepted

8 The I A A F office shall keep lists of the World and Olympic Records. These lists shall be revised once a year and a copy forwarded to each member of the I A A F

9 Members of the I A A F shall keep a list of the National Records in their own countries. Copies of these lists shall be forwarded to the I A A F office in January each year

Notes: (1) The official World Record plaques as designed by the I A A F for presentation to World Record holders will be supplied by the I A A F provided National Associations remit the cost

(2) Refer to Rule 381 as to events for which World Records are approved

(3) It is recommended that National Associations should adopt similar rules to the above for the recognition of their own records

## RULE 149

**Official Implements** 1. In all international competitions the implements used must comply with the specifications for official implements adopted by the I.A.A.F. set out in Rules 201-216.

2. All such implements shall be provided by the organisers of the meeting. No competitor is allowed to use any other implements, with the exception of vaulting poles and starting blocks, in which case they may use their own, provided these comply with the conditions laid down in the rules. (Also see Rules 173 and 202 (Vaulting Pole) and Rules 162 para. 9 and 215 (Starting Blocks)).

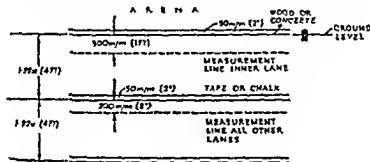
## SECTION III

## Running Events

## RULE 161

(See diagram)

**Track and Lanes** 1. The running track should be not less than 7.32 metres (24 ft.) in width and if possible be bordered on the inside with cement, wood or other suitable material, 5 centimetres (2 in.) in height, and not more than 5 centimetres (2 in.) in width. Where it is not possible for the inner edge of the running track to have a raised border, the inner edge shall be marked with lines 5 centimetres (2 in.) in width. Where it is a grass track it shall also be flagged at intervals of 5 metres (or 5 yards). Flags must be so placed on the line as to prevent any competitor running on the line, and they shall be placed at an angle of 60 degrees with the ground away from the track. Flags





approximately 25 centimetres (10 in) by 20 centimetres (8 in) in size mounted on a staff 45 centimetres (18 in) long are the most suitable for the purpose

See Rule 148 (4) (b) for requirements for recognition of World Records

2 The measurement shall be taken 30 centimetres (1 ft) outward from the inner border of the track or where no border exists, 20 centimetres (8 in) from the line marking the inside of the track

3 (a) In all races up to and including 440 yards, each competitor shall have a separate lane, with a minimum width of 1.22 metres—4 feet—and a maximum width of 1.25 metres—4 feet 1½ inches—to be marked by lines 5 centimetres—2 inch—in width. The inner lane shall be measured as stated in paragraph 2 above, but the remaining lanes shall be measured 20 centimetres (8 in) from the outer edges of the lines.

NOTE The line on the right hand only of each lane shall be included in the measurement of the width of each lane (See diagram)

(b) In 4 × 400 metres, or 4 × 440 yards relay races the first lap as well as the part of the second lap as far as the exit from the first bend of the second lap will be run entirely in lanes. In 4 × 200 metres or 4 × 220 yards relay races, the first two stages as well as the part of the third stage up to the exit from the first bend of the third stage will be run entirely in lanes

The competitors are free to take over any position on the track at the entrance to the following straight which shall be marked with a flag set on a post at least 1.50 metres (5 ft) high on each side of the track and a line 5 centimetres (2 in) wide across the track. The distance from start to finish shall be measured in such a way that the competing teams shall each run the same distance of 4 × 400 metres (4 × 440 yards) or 4 × 200 metres (4 × 220 yards) (See also Rule 166, 'Relay Races') (For recommended method of setting out the starts, see diagram)

NOTE In the 4 × 400 metres or 4 × 400 yards Relay where not more than three teams are competing it is recommended that only the first bend of the first lap should be run in lanes

(c) In Olympic Games and all Area or Group Games or Championships, the 800 metres (880 yards) event shall be run in lanes as far as the end of the second bend, the maximum number of available lanes being used

The starts shall be so staggered that the distance from start to finish shall be the same for each competitor

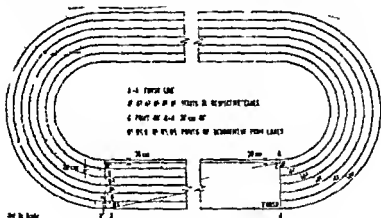
NOTE (1) In international matches the use of lanes will be by agreement between the competing countries

4 The direction of running shall be left hand inside

5 In international meetings the track should allow for at least six lanes

6 The maximum allowance for lateral inclination of tracks shall not exceed 1/100 and the inclination in the running direction shall not exceed 1/1000

NOTE: It is recommended that where possible the length of the track should be not less than 400 metres or 440 yards and the width should allow for eight lanes particularly in major events such as the Olympic Games and Area Championships



### Setting out Starts for 800 Meters (880 Yards) where the First Two Curves are Run in Lanes

As the runners are permitted to leave their respective lanes on entering the finishing straight on the first lap the starting positions must care for two factors. First, the normal echelon allowance which would be applicable were the race to be of 400 metres (440 yards) starting at the same point on the track and secondly an adjustment to the starting point in each lane to compensate for the runners in the outer lanes having farther to go to reach the inside position on the track at the end of the

finishing straight than those in the inside lanes. The following method of arriving at the starting position in each lane is recommended

1 Mark  $B^1$  in the inside lane at the point of entry into the finishing straight 30 centimetres (12 in) from the inside kerb

2 Fix point Y, which is the point in the outer lane on a line drawn through  $B^1$  20 centimetres (8 in) from the inner line of the lane and the same distance from the finish line AA as point  $B^1$

3 Fix point C, which is the point on the path of the runner, namely 30 centimetres (12 in) from the inside kerb on the finishing line AA

4 With radius C  $B^1$  describe an arc across the track  $B^1 X$ . This line must be flagged at each end to indicate to the runners that they may leave their lanes at the stage

For lanes 2 to 6 this point can be determined by the intersection of  $B^1 X$  and the path of the runner which is 20 centimetres (8 in) from the line marking the inside of his lane

5 The correct adjustment to the starting positions can now be determined

The normal starting position in each lane for a 400 metre (440 yards) race must be advanced by the distance the points of denouement from the lanes viz  $B^2 B^3 B^4 B^5 B^6$  are in advance of the line  $B^1 Y$

An indication of the distance by which the normal starting position in each lane must be advanced can be seen from the following calculations, where each lane is the standard width of 1.22 metres and the straight is 80 metres long

Lane 1+ zero

, 2+ 1 cm

, 3+ 3.5 cm

„ 4+ 8.4 cm

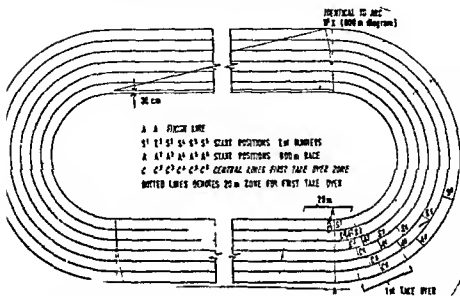
„ 5+ 14.5 cm

6+ 23.5 cm

, 7+ 33.5 cm

„ 8+ 44.5 cm

**Setting out Starts and change over areas for 4×400 metres (4×440 yards) Relay where one lap plus one complete curve is run in lanes**



1 Since the first runner in each team has to cover the full lap in lanes and the second runner has to keep in his lane until entry to the back straight, the following method should be adopted to determine the echelon starting positions for the first runner in each team

Inside Lane  $S^1$  identical with  $A^1$

Lane 2      S<sup>1</sup>                      = A<sup>1</sup> plus normal stagger  
for 200 metres

Lane 3      S'      = A' plus normal stagger for 200 metres

Lane 4      S'      =A' plus normal stagger  
and so on      for 200 metres

and so on

Note The positions A<sup>2</sup>, A<sup>3</sup>, A<sup>4</sup>, etc allow for the 400 metres stagger, plus the compensatory adjustments as set out in the Table on the previous page

2 The central line of the first take-over zones can be determined by advancing the normal starting stagger in each lane for a 200 metre race by the distance the points of denouement from the lanes, viz  $B^2 B^3 B^4 B^5 B^6$  are in advance of the line  $B^1 Y$ .

The take-over zone will be within two lines set out 10 metres either side of this central line in each lane

3 The take over zones for the second and last take-overs will be the normal 10 metre lines either side of the start/finish line AA

4 The arc across the track at the entry to the back straight, showing the positions at which the second stage runners are permitted to leave their respective lanes, shall be identical to the arc at the entry to the finishing straight for the 800 metres event, and must be similarly flagged

### RULE 162

1. The Start and the Finish The start and the finish of a race shall be denoted by a line 5 centimetres (2 in.) in width at right angles to the inner edge of the track. The distance of the race shall be measured from the edge of the starting line further from the finish to the edge of the finish line nearer to the start. Two white posts shall denote the extremities of the finish line, and shall be placed at least 30 centimetres (1 ft.) from the edge of the track. (For apparatus see Rule 216 "Finish Posts")

In all races not run in lanes the starting line shall be curved so that wherever it occurs on the track all the runners start the same distance from the finish

2 All races shall be started by the actual report of a pistol or any similar apparatus fired upwards into the air, but not before all the competitors are quite still on their marks

3 At all international meetings, the words of the Starter in his own tongue shall in races up to and including 880 yards be "On your marks", "Set", and when all Competitors are "Set", the pistol shall be fired. In races over 880 yards, the words shall be "On your marks" and when all competitors are steady, the pistol shall be fired

4 If for any reason the Starter has to speak to any competitor after the competitors are on their marks, he shall order

all competitors to stand up and the Starter's assistants shall place them on the assembly line again.

A competitor must not touch either the start line or the ground in front of it with his hands or his feet when on his marks.

5 On the command *Set* all competitors shall at once and without delay assume their full and final set position.

Failure to comply with this command after a reasonable time shall constitute a false start.

6 If a competitor leaves his mark with hand or foot after the words *on your marks* or *Set* as the case may be and before the pistol is fired it shall be considered a false start.

7 Any competitor making a false start must be warned. If a competitor is responsible for two false starts or three in the case of the Pentathlon or Decathlon he shall be disqualified.

8 The Starter or any Recall Starter who is of the opinion that the start was not a fair one shall recall the competitors by firing a pistol.

*NOTE:* In practice when one or more competitors makes a false start others are inclined to follow and strictly speaking any competitor who does so follow has also made a false start. The Starter should warn only such competitor or competitors who in his opinion were responsible for the false start. This may result in more than one competitor being warned. If the unfair start is not due to any competitor no warning shall be given.

9 Starting blocks which comply with the specifications laid down in Rule 215 may be used. Where they are used both feet must be in contact with the ground when the competitor is in the set position.

In the Olympic Games and Area and Group Games or Championships competitors may use only starting blocks approved by the organisers of the meeting. In all other competitions except those held on all weather tracks competitors may use their own blocks.

On all weather tracks the organisers may insist that only starting blocks provided by them may be used.

10. Unless in the opinion of the Referee it is undesirable, because of the direction and the velocity of the wind, worsted shall be stretched across the track between the finish posts. 22

metres (4 ft.) above the ground and fastened to the posts for the purpose of assisting the Referee and Judges in placing the competitors. It shall be immediately above the edge of the finish line which is nearer to the start.

11. The competitors shall be placed in the order in which any part of their bodies (i.e. 'torso' as distinguished from the head, neck, arms, legs, hands or feet) reaches the nearer edge of the finish line as defined above.

**NOTE.** A photograph camera should be used wherever possible when it is used; it must be referred to before a final decision is arrived at. (See also Rule 119 para. 6.)

12. In any race decided on the basis of the distance covered in a fixed period of time the Starter shall fire the pistol exactly one minute before the end of the race to warn competitors and judges that the race is nearing its end. At exactly the appropriate time after the start the Starter shall signal the end of the race by again firing the pistol. All the Timekeepers shall immediately stop their watches. The Starter shall be directed by the Chief Timekeeper. At the moment the pistol is fired to signal the expiration of the time the Judges appointed for that purpose shall mark the exact spot where each competitor touched the track for the last time before or simultaneously with the firing of the pistol. The distance achieved shall be measured to the nearest metre or yard behind the rear edge of the last footprint of the competitor. One Judge at least must be assigned to each competitor before the start of the race for the purpose of marking the distance achieved.

**NOTE.** Refer also to Rules 120 and 121 for the duties of the Starter. Recall Starters and Starter's Assistants.

### RULE 163

1. **Hurdle Races.** The following are the standard distances

#### Men

In yards 120, 220, 440

In metres 110, 200, 400

#### Women

In metres 100, 200

**2 Men** There shall be ten flights of hurdles in each lane, set out in accordance with the following table

Distance of race		*Height of Hurdle		Distance from scratch line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
Minimum		Maximum				
metres	cm	cm		metres	metres	metres
100	106 4	107 0		13 72	9 14	14 02
200	75 9	76 5		18 29	18 29	17 10
400	91 1	91 7		45	35	40
Yards	Ft	In	Ft	In	Yards	Yards
120	3	5 89	3	6 126	15	10
220	2	5 882	2	6 118	20	20
440	2	11 867	3	0 102	49 25	38 25

\* Refer to Rule 213 for construction and standard heights of hurdles

**Women** There shall be ten flights of hurdles in each lane, set out as follows

Distance of race		*Height of Hurdle		Distance from scratch line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
Minimum		Maximum				
metres	cm	cm		metres	metres	metres
100	83 7	84 3		13	8 5	10 5
200	75 9	76 5		16	19	13

NOTE The tolerance allowance above and below the standard heights is to allow for variation in the manufacture of the hurdles

**3** All races shall be run in lanes and each competitor shall keep to his own lane throughout

**4** A competitor who trails his foot or leg alongside any hurdle or jumps any hurdle not in his own lane or in the opinion of the Referee deliberately knocks down any hurdle by hand or foot shall be disqualified



5 Except as provided in paragraph 4 of this rule the knocking down of hurdles shall not disqualify nor prevent a record being made

6 In establishing a World Record a complete set of hurdles of the international type must have been used (Refer to Rule 213)

### RULE 164

1 Steeplechase The standard distances shall be  
In metres—3000 (1 mile 1520 yards 2 ft 8 in )

In miles—2 miles (3218 65 metres)

2 There shall be 28 hurdle jumps and 7 water jumps included in the 3000 metres event and 32 hurdle jumps and 8 water jumps in the 2 miles event

3 The water jump shall be the fourth jump in each lap. If necessary the finish line shall be moved to another part of the track

NOTE Owing to the water jump having to be constructed on the arena inside or outside the track thereby lessening or lengthening the normal distance of the laps it is not possible to lay down any rule specifying the exact length of the laps nor to state precisely the position of the water jump. It should be borne in mind that there must be enough distance from the starting line to the first hurdle to prevent the competitors from overcrowding and there should be approximately 68 metres or 76 yards from the last hurdle to the finish line

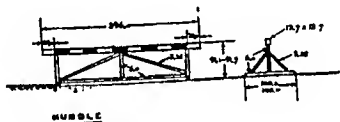
EXAMPLE The following measurements are given as a guide and any adjustments necessary should be made by lengthening or shortening the distance at the starting point of the race. It is assumed that a lap of 400 metres or 440 yards has been shortened by 10 metres or yards by constructing the water jump inside the track

	Lap of 390 metres	Lap of 430 yards
Distance from starting point to commencement of 1st lap to be run without jumps	270 metres	80 yds
Distance from commencement of 1st lap to 1st hurdle	10 m	10 yds.
From 1st to 2nd hurdle	78 m	86 yds
From 2nd to 3rd hurdle	78 m	86 yds
From 3rd hurdle to water jump	78 m	86 yds.
From water jump to 4th hurdle	78 m	86 yds
From 4th hurdle to finishing line	68 m	76 yds
7 laps of 390 m = 2730 m		8 laps of 430 yds = 3440 yds
3000 m		3570 yds = (2 miles)

4 The distance from the starting point to the commencement of the first lap shall not include any jumps, the hurdles being removed until the competitors have entered the first lap

5 The hurdles shall be not less than 91 1 centimetres (2 ft 11 867 in) nor more than 91 7 centimetres (3 ft 0 102 in) high and shall be at least 3 96 metres (13 ft) in width The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 127 millimetres (5 in) square

The weight of each hurdle shall be between 80 kilogrammes (176½ lb) and 100 kilogrammes (220½ lb) Each hurdle shall have on either side a base between 120 centimetres (3 ft 11 244 in) and 140 centimetres (4 ft 7 118 in) (see Diagram)

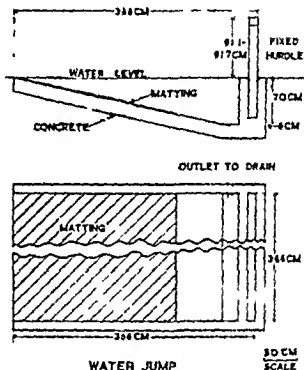


The hurdle shall be placed on the track so that 30 centimetres (1 ft) of the top bar, measured from the inside edge of the track, will be inside the field

6 The water jump, including the hurdle shall be 3 66 metres (12 ft) in length and width The water shall be 70 centimetres (2 ft 3½ in) in depth immediately in front of the hurdle and slope to the level of the ground at the further end The hurdle at the water jump shall be firmly fixed in front of the water and be of the same height as the others in the competition

To ensure safe landing of the competitors, the bottom of the water jump shall be covered at the further end with suitable material at least 366 cm wide and 250 cm long

7 Each competitor must go over or through the water, and anyone who steps to the one side or the other of the jump or trails his foot or leg alongside any hurdle shall be disqualified He may jump or vault over each hurdle or place a foot on each hurdle and on the hurdle at the water jump



### RULE 165

(42 195 metres—26 miles 385 yards)

1. **Marathon Race** The Marathon race shall be run on made up roads, when traffic or similar circumstances make it unsuitable, the course, duly marked may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

**NOTE** See Rule 145 (4) re measurement of course

2. No entry for the Marathon Race shall be accepted unless it is accompanied by a certificate signed by a qualified doctor

within 30 days of the race, certifying that the competitor is fit to take part in the race

3 A competitor must retire at once from the race if ordered to do so by a member of the medical staff, officially appointed

4 The distance in kilometres and miles on the route shall be displayed to all competitors

5 Refreshments shall be provided by the organisers of the race at approximately 11 kilometres or 7 miles and thereafter at approximately every 5 kilometres or 3 miles. In addition the organisers shall provide sponging points where water only shall be supplied midway between two refreshment stations. No refreshment may be carried or taken by a competitor other than that provided or approved by the organisers. A competitor may submit to the organisers the type of refreshment desired and this, if approved must then be handed in to the organisers at a time and place specified by them. It shall be available at the stations nominated by the competitor. The refreshments shall be placed in such a manner that they are easily accessible for the competitors or so that they may be put into the hands of the competitors. A competitor taking refreshments at a place other than the refreshment points appointed by the organisers renders himself liable to disqualification. (Also see Rule 142 para 11)

6 The organisers of the Marathon Race must take care to ensure the safety of competitors. In the case of Olympic Games and Area or Group Championships or Games Marathon Races, the organisers must, where possible, give an assurance that the roads to be used for the competition will be closed in both directions: i.e. not open to motorised traffic

#### RULE 166

1 Relay Races Lines shall be drawn across the track to mark the distances of the stages and to denote the scratch line

2 Lines also shall be drawn 10 metres (11 yards) before and after the scratch line to denote the take over zone within which lines the baton must be passed. These lines are to be included in the zonal measurements. In races upto  $4 \times 220$  yards ( $4 \times 200$  metres) members of a team other than the first runner may commence running not more than 10 metres (11 yards) outside the take over zone. A distinctive mark shall be made in each lane to denote this extended limit

In all relay races the baton must be passed within the take over zone

When a relay race is being run in lanes a competitor may make a check mark on the track within his own lane, e.g. by scratching with his shoe, but may not place marking objects on or alongside the track. Where the track is of a material which will not permit scratching with a shoe some material supplied by the organisers may be used, at the discretion of the judge

3 The baton must be carried in the hand throughout the race. If dropped it must be recovered by the athlete who dropped it

4 The position of the teams at the start of the race shall be drawn, and shall be retained at each take over zone, except that waiting runners can move to the inside position on the track as incoming team mates arrive, provided this can be done without fouling

5 In events where the first part of the race is run in lanes, competitors after completing this part, are free to take up any position on the track

6 Competitors after handing over the baton should remain in their lanes or zones until the course is clear, to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of the stage, he is liable to cause the disqualification of his own team

7 Assistance by pushing off or by any other method will cause disqualification

8 Once a team has competed in the preliminary rounds of an event, the composition of the team must not be altered for any subsequent round or final. With the approval of the Referee, however, this may be permitted *in the case of an injury or illness* certified by the official medical officer appointed for the Meeting to be such as to make it unwise for the competitor to run. It is permissible for the *order of running* to be changed between heats and succeeding rounds or final. No competitor may run two sections for a team

### RULE 167

1 **Team Races** In team races the maximum number of starters comprising a team and the number of competitors whose positions are to count shall be stated in the programme

2 If necessary, preliminary rounds may be held

3 Stations shall be drawn and the members of each team shall be lined up behind each other at the start of the race

4 The composition of a team must not be changed after a heat has been run except in the case of injury or illness certified by the official medical officer appointed for the Meeting to be such as to make it unwise for the competitor to run, when with the approval of the Referee it may be permitted. Only competitors finishing the full distance are eligible to compete in the final

5 The method of scoring shall be optional and may be any one of the following

(a) By scoring the least number of points, according to the positions in which the scoring members of a team finish. The finishing positions of the non scoring members of a team shall be scored in computing the scores of other teams but when a team fails to finish the requisite number to score it shall be eliminated or

(b) By scoring the least number of points according to the scoring positions in which the scoring members of a team finish. The positions of the non scoring members of a team whether it finishes all its members or not shall be scored in computing the scores of other teams or

(c) By scoring the least number of points according to the positions in which the scoring members of a team finish. The finishing positions of the non scoring members of a team and the members of a team which fails to finish the requisite number to score, shall be eliminated or

(d) By scoring the lowest aggregate of the times recorded by the scoring members

6 If two or more competitors tie for any place the points for the places concerned shall be aggregated and divided equally among the competitors so tying

7 In case of a tie on points the team whose last scoring member finished nearest to first place shall be the winning team

## RULE 168

### General Rules

**Cross Country Races** Owing to the extremely varying circumstances in which cross country running is practised through

out the world especially in regard to different seasons, climatic conditions and distances, it is impossible to lay down any rigid legislation for the world standardisation of this sport

The following rules however, are intended as a guide and incentive to assist new countries to develop cross country running both as a sport in itself and as a training adjunct to track and field events. Except where stated the rules should also apply to women's events

1 *Season* The cross country season should normally extend throughout the winter months after the close of the track and field season

2 *The Course* For championship and international events

(a) The race shall be run over a course confined, as far as possible, to open country, fields, heathland, commons and grassland. A limited amount of ploughed land may be included. If the course passes through woodland without any clearly defined path or track it must be clearly marked for the runners. The traversing of road of any description should be limited to the minimum

(b) The course for championship events must be clearly marked, preferably with red flags on the left and white flags on the right all of which must be visible from a distance of 125 metres (140 yards). In all other respects the appropriate rules governing track competitions shall obtain

(c) When laying out the course very high obstacles should be avoided, so should deep ditches dangerous ascents or descents, thick undergrowth and, in general any obstacle which would constitute a difficulty beyond the aim of the competition

It is preferable that artificial obstacles should not be used, but if the scope of the promotion renders them unavoidable they should be made to simulate natural obstacles met with in open country. In cases where there is a large number of competitors narrow gaps or other hindrances which would deny to the competitors an unimpeded run must be avoided for first 1500 metres (1640 yards)

(d) The course must be measured and the distance declared prior to the closing of entries

(e) The responsibility for providing a proper course and its marking by flags details of which should appear in the pro-

gramme, rests with the promoting body, who should appoint clerks of the course, umpires and pointsmen at intricate parts of the course to direct competitors and see that they keep to the proper course

If, as the result of a number of competitors failing to follow the correct course or of any other reason, in the opinion of the Referee circumstances arise so that justice demands that the race be contested again he shall have power to declare the race void and order such race to be held again on some future occasion

**NOTE** For events other than international competitions the foregoing regulations governing the course may be modified according to local circumstances

**3 Age Qualification** It is recommended that competitors should be placed in age categories

- (i) Senior—18 years of age or over on day of race
- (ii) Junior—18 years of age or over but under 21 years of age on day of race
- (iii) Youths—16 years of age or over but under 18 years of age on day of race

**NOTE** In arranging details for a race it should be defined whether the age limits ruling are those on the day of the race or on some other date

#### 4 Distances

(a) The distance for seniors should not be less than 8 kilometres (approx 5 miles), for juniors, not more than 10 kilometre (approx 6 miles) and youths 5 kilometres (approx 3 miles)

(b) For National Championships it is recommended that the distances for seniors should be not less than 14½ kilometres (9 miles), for juniors not more than 10 kilometres (approx 6 miles) and for youths 5 kilometres (approx 3 miles)

(c) In international races the senior race should not be less than 12 kilometres (approx 7½ miles) and the junior race 8 kilometres (approx 5 miles)

(d) For women's events the distance shall be between 2000 and 5000 metres and should normally be 1500 metres or one mile for juniors

#### 5 Teams and Reserves

(a) For other than national championships and international competitions in general each team should be allowed to enter



and run twice the number entitled to score and in addition, may enter reserves equal to the number to score

*For example* In a race in which six a side have been nominated to score each team may be allowed to enter and run twelve competitors with six nominated reserves

(b) For national championships it is recommended that in the senior race teams be entitled to enter fifteen nine to run six to score for points and for the junior and youths races to twelve to enter six to run four to score for points.

(c) For international senior races the governing body of member countries must enter a team of not less than six nor more than nine competitors and five reserves. Not more than nine nor less than six runners shall be allowed to start in the race

For international junior races the governing body of member countries shall enter a team of not less than three nor more than five competitors and two reserves

Not more than five nor less than three runners from each country will be allowed to start in the race

(d) Except in international races it is recommended that entries from individuals should be accepted and members of depleted teams who on the day are unable to field the necessary scoring number may if desired be allowed to compete as individuals (See para 8(h))

6 *The Start* The race shall be started by the firing of a pistol

In races which include a large number of competitors, it is recommended that a five minute warning before the start of the races should also be given by the firing of a maroon

7 No competitor in cross-country events is allowed to receive assistance or refreshment from any person during the progress of the race

8 *Scoring* (a) At the conclusion of a race the Judges shall decide the respective places of the scoring competitors of each competing team add these together and the team having the lowest aggregate shall be declared the winners

(b) In assessing the aggregate the finishing positions of any individual runners may be eliminated and subsequent finishing positions adjusted accordingly, but with large fields this is not recommended

(c) In the event of a tie it shall be resolved in favour of the team whose last scoring member finishes nearer the first place

9 *Officials* The following officials are considered to be necessary for principal international events but organisers are at liberty to vary these where local circumstances require

Referee

Judge

Judge's stewards

Timekeeper

Timekeeper's recorder

Starter

Funnel controller

Chief Funnel Judge

Funnel Judge and recorder

Funnel stewards

Disc distributors

Chief result recorder

Result recorders

Disc area stewards

Press stewards

Chief competitors' stewards

Chief clerk of course

Prize stewards

*Note* 1 A A F International Cross Country Competition Separate technical rules have been approved by the I A A F Cross Country Committee for the organisation of the above competition held annually

## SECTION IV JUMPING EVENTS

High Jump Pole Vault Long Jump, Triple Jump

### RULE 171

*General Rules* 1 The order in which the competitors take their trials shall be drawn by lots (Also see Rule 143 para 7)

2 In all jumping events the length of the runway is unlimited The minimum length provided for the runway in each case shall be as follows

High Jump	}	15 metres or 50 feet
Long Jump		
Triple Jump		
Pole Vault		40 metres or 130 feet

The heights to which the bar is raised shall be decided after consulting the wishes of the competitor

11 Any measurement of a new height should be made before competitors attempt such height. In all cases of records the Judges must check the measurements after the height has been cleared

**NOTE** Judges should ensure before commencing the competition that the underside and front of the cross bar are distinguishable and that the bar is always replaced with the same surface uppermost and the same surface to the front

12 In the Pole Vault the use of tape on the hands or fingers shall not be allowed except in the case of the need to cover an open wound

#### *Jumping for distance*

13 Where there are more than eight competitors each competitor shall be allowed three trials and the eight competitors with the best jumps shall be allowed three additional trials. In the event of a tie for eighth place any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials

**NOTE** Tying means in this connection clearing the same distance and Rule 146 para 3 should not therefore be applied

### **RULE 172**

1 High Jump The competitor must take off from one foot

2 Knocking the bar off the supports, or touching the ground or the landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure

3 The uprights or posts shall not be moved during the competition unless the Referee considers the take off or landing ground has become unsuitable

In such a case the change shall be made only after a round has been completed (For apparatus refer to Rule 201 'Jumping and Vaulting Standards')

### **RULE 173**

1 Pole Vault Any competitor may have the uprights moved in either direction but they may not be moved, than 60 centimetres (2 ft) from the prolongation of the

edge of the top of the stopboard. If the uprights are moved the Judges should make a re measurement to ensure that there is no variation in the height (Also refer to Rule 145 for measurements)

2 The take-off for the pole vault shall be from a box made of wood metal or some other suitable rigid material which shall be sunk level with the ground

3 A competitor fails if he

(a) knocks the bar off the supports or

(b) leaves the ground for the purpose of making a vault and fails to clear the bar or

(c) after leaving the ground places his lower hand above the upper one or moves the upper hand higher on the pole or

(d) before taking off touches with any part of his body or with the pole the ground including landing area, beyond the vertical plane of the upper part of the stopboard

4 If in making an attempt the competitor's pole is broken it shall not be counted as a failure

5 No one shall be allowed to touch the pole unless it is falling away from the bar or uprights if it is so touched and the Referee is of the opinion that it would have caused the bar to be displaced the vault shall be recorded as a failure

6 Competitors may use their own poles. No competitor shall be allowed to use any of the private poles except with the consent of the owner (For apparatus see Rules 201 and 202)

7 Competitors are permitted to use an adhesive substance such as resin or a similar substance on their hands only, in order to obtain a better grip

The use of a forearm cover to prevent injuries shall be allowed

### RULE 174

1 Long Jump The take off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearest to the landing area shall be called the take-off line. If a competitor takes off before reaching the board it shall not for that reason be counted as a failure. Immediately beyond the take-off line there shall be placed a board of plasticine or other suitable material for recording the athlete's footprint when he has foot-faulted

If it is not possible to install the above apparatus the following method should be adopted immediately in front of the take off line and across all the length of it over a width of 10 centimetres (4 in.) the ground shall be sprinkled with soft earth or sand, placed level (horizontal) with the take off board

2 It shall be counted as a failure if any competitor

(a) touches the ground beyond the take off line so as to leave a visible impression on the plasticine, other suitable material soft earth or sand with any part of the body, whether running up without jumping or in the act of jumping

(b) takes off from either side of the board whether beyond or behind the take off line extended

(c) in the course of landing, touches the ground outside the landing area nearer to the take off than the nearest break in the landing area made by the jump

(d) after a completed jump walks back through the landing area

3 All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take off line and at right angles to such line

4 In order to ensure the correct measuring of any jump it is essential that the surface of the sand in the landing area should be accurately controlled so as to be level with the top of the take off board. An approved apparatus for this purpose is described in Rule 175

5 The landing area shall have a minimum width of 2 metres 75 centimetres (9 ft.)

6 The distance between the take off and the end of the landing area shall be at least 10 metres (32 ft. 10 ins.)

7 The take off board shall be not less than 1 metre (3 ft. 3 in.) from the edge of the landing area. (For construction refer to Rule 203.)

(Also see Rule 171 - General Rules.)

### RULE 175

1 Triple Jump The take off shall be marked by a board sunk level with the runway and the surface of the landing area and placed at least 13 metres (42 ft.) from the landing area, the edge of which nearer to the landing area shall be called the take off line. (For apparatus see Rule 203.) If a competitor is

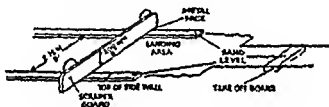
off before reaching the board it shall not for that reason be counted as a failure

2 The hop shall be made so that the competitor shall first land upon the same foot with which he shall have taken off, in the step he shall land on the other foot from which consequently the jump is performed

3 If the competitor while jumping touches the ground with the 'sleeping' leg it shall be considered as a failure

4 In all other respects the rules for the Long Jump shall apply (Rule 174)

CENTRAL OF SAND LEVEL IN LONG AND TRIPLE JUMP



## SECTION I

### THROWING EVENTS

Hammer, Shot, Discus and Javelin

#### RULE 181

1 General Rules The order in which the competitors take their trials shall be drawn by lot (Also see Rule 143 para 7)

2 Where there are more than eight competitors each competitor shall be allowed three trials and the eight competitors with the best performances shall be allowed three additional trials. In the event of a tie for eighth place, any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer each competitor shall be allowed six trials (Also see Rule 142, para 2.)

NOTE Tying means in this connection throwing or putting the same distance and Rule 146 para 3 should not therefore be applied

3 In all throwing events from a circle a competitor must commence the throw from a stationary position

4 In all throwing events from a circle a competitor is allowed to touch the inside of the iron band or stop board. It shall be a foul throw and not allowed to count if the competitor after he has stepped into the circle and commenced to make a throw, touches with any part of his body the top of the stop-board or circle or the ground outside, or improperly releases the shot, discus or hammer in making any attempt. Provided that in the course of a trial the foregoing rules and additionally Rule 185(4) in the case of throwing the hammer, have not been infringed, a competitor may interrupt a trial once started, lay his implement down, return to a stationary position again and begin a fresh trial provided that there shall not be more than one such interruption in each trial. (Also see Rule 209 'Circles' )

5 The competitor must not leave the circle until the implement has touched the ground, and he shall then from a standing position, leave the circle from the rear half, which shall be indicated by a chalk line drawn through the centre and extended outside the circle, not less than 75 centimetres (30 in ) on each side

A competitor in the javelin throw shall not leave the delivery area until the javelin has touched the ground and he shall then from a standing position, leave the delivery area from behind the arc and the lines drawn from the extremes of the arc at right angles to the parallel lines which define the runway

In throwing the javelin, a foul throw or improperly releasing the implement in making an attempt shall be recorded as a throw, but shall not count

6 In the case of the shot, hammer and discus, for a valid trial, the implement must fall so that the point of impact is within the inner edges of lines marking a sector of  $45^{\circ}$  set out on the ground so that the radii lines cross at the centre of the circle

(Refer also to Rule 210 "Stop Board" )

The ends of the lines marking all sectors should be marked with sector flags. (Also refer to Rule 211)

7 The measurement of each throw shall be made from the nearest mark made by the fall of the discus, shot, or head of

the hammer or javelin to the inside of the circumference of the circle, or the arc in the case of the javelin, along a line from the mark made by the implement to the centre of the circle or the centre of the radius of the arc

8 A distinctive flag or disc shall be provided to mark the existing World Record and when appropriate the existing national record in each throwing event. In the javelin, discus and hammer competitions a distinctive flag shall be provided also to mark the throws of each competitor

9 At Olympic Games and Area or Group Games or Championships, only implements provided by the Organisers may be used, and no modification can be made to them during the competition. No competitor shall be permitted to take any implement into the arena

At meetings between two or more Members, competitors may use their own implements, provided these are checked and marked as approved by the Organisers before the competition and made available to all competitors

10(a) No device of any kind—e.g. the taping of two or more fingers together— which in any way assists a competitor when making a throw shall be allowed. The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound. The use of tape of the wrist will be allowed only upon production of a certificate given by the official doctor for the meeting

(b) In order to obtain a better grip competitors in the Throwing Events are permitted to use an adhesive substance such as resin or a similar substance on their hands only.

(c) The use of gloves is not allowed except for hammer throwing (See Rule 185 para 2)

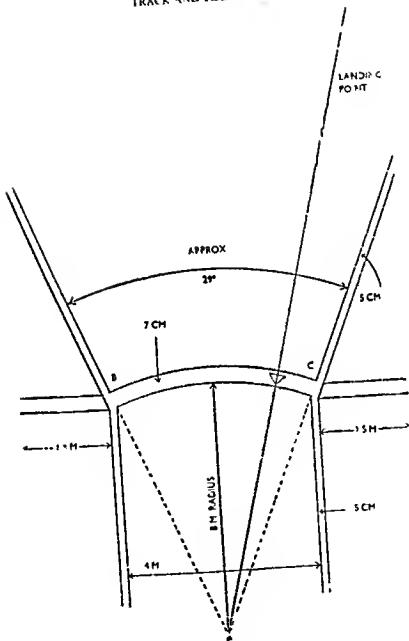
11 In all throwing events implements must be carried back to the starting line or circle and never thrown back

12 The maximum allowance for lateral inclination of the runways for throwing events shall be 1:100 and the inclination in the running direction shall not exceed 1:1000, and that of the throwing field 1:1000

13 In throwing the javelin no mark shall be placed on the runway but competitors may place marks—supplied by the Organising Committee—at the side of the runway

14 A competitor may not spray or spread any substance in the circle





## RULE 182

1 Javelin Throwing The length of the runway shall be not more than 36·5 metres (120 ft) but not less than 30 metres (98 ft 6 in) and shall be marked by two parallel lines 5 centimetres (2 in) in width and 4 metres (13 ft 1·5 in) apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8 metres (26 ft 3 in) such arc shall consist of a strip made of wood or metal 7 centimetres (2·75 in) in width, painted white and sunk flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be 1·50 metres (5 ft) in length and 7 centimetres (2·75 in) in width.

NOTE It is recommended that the runway should be not less than 33·5 metres (110 ft).

2 The javelin must be held at the grip.

3 No throw shall be valid in which the tip of the metal head does not strike the ground before any other part of the javelin or when the competitor touches with any part of his body or limbs, the strip or the lines drawn from the extremities thereof at right angles to the parallel lines or the ground beyond those lines or the strip. The competitor may cross either of the parallel lines.

At no time after preparing to throw, until the javelin has been discharged into the air, may the competitor turn completely around so that his back is towards the throwing arc.

The javelin shall be thrown over the shoulder or upper part of the throwing arm and must not be slung nor hurled.

NOTE Non orthodox styles are not permitted.

4 All throws to be valid must fall within the inner edge of lines marking the sector set out on the ground by extending for a distance of 90 metres (295 ft 3 in) the lines from the centre (A) of the circle of which the arc is a part, through the points (B) and (C) at which the arc joins the lines marking the runway. The ends of the radius lines should be marked with sector flags. (See diagram.)

5 If the javelin breaks while in the air, it shall not count as a trial provided the throw was made in accordance with the rules.

(For implement refer to Rule 204.)

## RULE 183

1 Throwing the Discus The discus shall be thrown from a circle 2.50 metres (8 ft 2.5 in) in diameter (For implement and apparatus refer to Rule 205 and Rule 208)

## RULE 184

1 Putting the Shot The put shall be made from a circle 2.135 metres (7 ft) in diameter At the middle of the circumference in the front half of the circle a stop board shall be placed firmly fastened to the ground

The putting area shall consist of cinders or grass or some suitable material on which the shot makes an imprint

2 The shot shall be put from the shoulder with one hand only At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting The shot must not be brought behind the line of the shoulders

3 All measurement shall be made immediately after each put (For implement refer to Rule 206 For circle and stop-board, refer to Rule 209 and 210)

## RULE 185

1 Throwing the Hammer All throws shall be made from a circle 2.135 metres (7 ft) in diameter

2 When throwing the hammer gloves for the protection of the hands are permitted The gloves must be smooth on the back and the front and the finger tips must be exposed, i.e. the tips of the fingers on the gloves must not be closed

3 The competitor in his starting position prior to the preliminary swings or turns is allowed to put the head of the hammer on the ground outside the circle

4 It shall not be considered a foul throw if the head of the hammer touches the ground when the competitor makes the preliminary swings or turns, but if, after having so touched the ground, he stops throwing so as to begin the throw again, this shall count as a trial throw (For implement refer to Rule 207 For cage and circle refer to Rules 208 and 209)

5 If the hammer breaks during a throw or while in air, it shall not count as a throw provided it was made accordance with the rules. If the competitor thereby loses

equilibrium and commits a foul, it shall not count against him

## SECTION VI

### RULE 191

1 *Walking* Walking is progression by steps so taken that unbroken contact with the ground is maintained

At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step in which a foot is on the ground, the leg must be straightened (i.e. not bent at the knee) at least for one moment, and in particular, the supporting leg must be straight in the vertically upright position

2 *Judging and Disqualifications* The appointed Judges of walking shall elect a Chief Judge. All the Judges shall act in an individual capacity. When, in the opinion of

(a) two of the Judges, one being the Chief Judge

or

(b) three Judges other than the Chief Judge

A competitor's mode of progression fails to comply with the definition during any part of the competition, he shall be disqualified and informed of his disqualification by the Chief Judge. In a competition either directly controlled by the I A A F or taking place under permit, in no circumstances shall two Judges of the same nationality have the power to disqualify

3 Effect may be given to any such disqualification immediately after the conclusion of the competition, if circumstances render impracticable an earlier notice to the competitor of his disqualification

4 A competitor may be cautioned when by his mode of progression he is in danger of ceasing to comply with the definition of contact, but he is not entitled to a second caution. The decision to caution a competitor shall be made under the same procedure as for disqualification set out in paragraph 3

5 In track races a competitor who is disqualified must immediately leave the track, and in road races the disqualified competitor must immediately after his disqualification, remove the distinguishing number or numbers which he is wearing

Note It is recommended that a system of signalling "caution" by white flag and "disqualification" by red flag be used as far as possible

during a walking race for the information of the officials, competitors and spectators

6 In all international races of more than 20 kilometres (or 12 miles), refreshments shall be provided by the organisers and refreshment stations shall be arranged at 10 kilometers or 6 miles, and thereafter at every 5 kilometres or 3 miles. No refreshment may be carried or taken by any competitor other than that provided or agreed by the organisers. A competitor may submit to them the type of refreshment desired and this, if approved, must then be handed into the Organisers at a time and place specified by them. It shall be available at the stations nominated by the competitor. The refreshments shall be placed in such a manner that they are easily accessible for the competitors or so that they may be put into the hands of the competitors. A competitor taking refreshments at a place other than the refreshment points appointed by the organisers renders himself liable to disqualification.

The Organisers may at their discretion and to prevent general distress to competitors supply additional sponging points after 20 kilometres or 12 miles where water only shall be supplied.

7 No entry for a race of 50 km or 30 miles or over shall be accepted unless it is accompanied by a certificate signed by a qualified doctor within 30 days of the race certifying that the competitor is fit to take part in that race.

8 In the Olympic Games and in all major events the 50 kilometres walk shall be so arranged as to ensure that the first walker home finishes approximately at sunset in order that he may enjoy the best climatic conditions.

9 For the Olympic Games and Area Championships, the circuit for the 20 kilometre event should be a maximum of 3000 metres with a minimum of approximately 1500 metres.

10 The organisers of events held on roads must take care to ensure the safety of competitors. In the case of Olympic Games and Area or Group Games or Championships Walking races, the organisers must where possible give an assurance that the roads to be used for the competitions will be closed in both directions, i.e. not open to motorised traffic.

**NOTE.** A booklet "Guidance for Walking Judges", produced by the I.A.A.F. Walking Committee with the aim of bringing about a better understanding of the sport of race walking is available from the I.A.A.F. Bureau—see publications list.

## RULE 192

**International Walking Competition for the 'Iugano' Trophy** This competition will be conducted by a Sub-Committee appointed by the Walking Committee of the I A A F in accordance with Rules approved by Congress

## SECTION III

## Combined Competitions

## RULE 195

## Pentathlon and Decathlon

## MEN

1 The Pentathlon consists of five events which shall be held in the following order long jump throwing the javelin, 200 metres, throwing the discus and 1500 metres.

2 The Decathlon consists of ten events which shall be held on two consecutive days in the following order

First day —100 metres long jump putting the shot, high jump and 400 metres

Second day —110 metres hurdles throwing the discus, pole vault throwing the javelin and 1500 metres

## WOMEN

3 The Pentathlon for women consists of five events which shall be held either on one day or on two consecutive days in the following order

First day —100 metres hurdles, putting the shot high jump

Second day—long jump 200 metres

## GENERAL

4 At the discretion of the Referee, there shall be, whenever possible, an interval of at least 30 minutes between the time one event ends and the next event begins

5 The order of competing shall be drawn before each separate event

In the 100 metres, 200 metres 400 metres, 100 metres hurdles and 110 metres hurdles events, the competitors shall be drawn by lot in groups by the Referee, so that preferably three or more competitors, and never less than two, are in each group. In the 200 metres in the pentathlon, one group should of those competitors occupying the leading positions at

the end of four events. In the 1500 metres each group should consist of five or more competitors, one group consisting of the leading competitors at the end of the 9th event. The Referee shall have power to rearrange any group if in his opinion it is desirable.

6 The I A A F rules for each event constituting the competition will apply with the following exceptions:

(a) In the long jump and each of the throwing events each competitor shall be allowed three trials only.

(b) Each competitor's time shall be timed by 3 time keepers independently. If for any reason only two register times and these two disagree the longer time of the two shall be adopted as official. Alternatively times may be recorded by an approved electrical device (see Rule 119 'Time keepers').

(c) In the running trials and the hurdles a competitor shall be disqualified in any event in which he has made three false starts.

7 The scores separately and combined should be announced to the competitors after the completion of each event.

In the 100 metres and 110 metres Hurdles (Decathlon) and 100 metres Hurdles and 200 metres (Woman's Pentathlon), times shall be given to 1/100th of a second where electrical timing is in operation and scored by using the appropriate I A A F Scoring Tables to 1/100th second.

8 The winner shall be the competitor who has obtained the highest number of points in the five or ten events as the case may be, awarded on the basis of the I A A F Scoring Table.

9 In the event of a tie the winner shall be the competitor who has received the higher points in a majority of events. If this does not resolve the tie, the winner shall be the competitor who has the highest number of points in any one of the events. This procedure shall apply to ties for any place in the competition.

10 Any athlete failing to start or make a trial in one of the five events of the Pentathlon or in one of the ten events of the Decathlon shall not be allowed to take part in the following event but shall be considered to have abandoned the competition. He shall not therefore figure in the final classification.

## SECTION VIII

## Specifications for Official Implements and Apparatus

*All measurements of technical equipment are expressed in metric terms the equivalent shown in feet and inches etc., being approximate and for information only*

## RULE 201

## Jumping and Vaulting Standards

## 1 General

(a) *Uprights* Any style or kind of uprights or posts may be used, provided they are rigid

(b) *Cross bar* The cross-bar shall be of wood metal or other suitable material triangular or circular in section. So as to avoid dangerously sharp edges, a triangular bar may be so formed that the edges are slightly rounded and it may be deemed to satisfy the requirement as to measurement if it passes with only a small tolerance through a triangular cut out of the specified dimensions. Each side of the triangular bar shall measure 30 millimetres ( $1\frac{1}{2}$  in.) and the diameter of the circular bar at least 25 millimetres (1 in.) but not more than 30 millimetres ( $1\frac{1}{4}$  in.)

The ends of the circular bar shall be constructed in such a way that a flat surface of 30—150 millimetres (1 in.  $\times$  6 in.) is obtained for the purpose of placing the bar on the supports on the uprights. (Optionally the cross bar may be split in the middle and joined with a metal clip about 300 mm (1 ft.) long.)

(c) The drawings illustrate ways of constructing the supports for the cross bar in accordance with the following rules



millimetres ( $2\frac{1}{2}$  in) long. They shall each face the opposite upright and the ends of the cross bar shall rest on them in such a manner that if it is touched by a competitor it will easily fall to the ground either forwards or backwards.

(d) There shall be a space of at least 10 millimetres ( $\frac{1}{2}$  in) between the ends of the cross bar and the uprights.

(e) The landing area should measure not less than 5 metres (16 ft 4 in) long by 4 metres (13 ft 11 in) wide.

3 Pole Vault (a) *Uprights* Except where extension arms are used the distance between the uprights shall be not less than 3.66 metres (12 ft) or more than 4.32 metres (14 ft 2 in) wide.

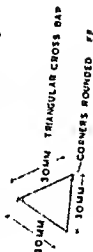
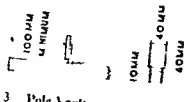
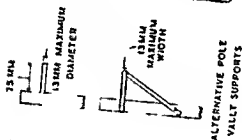
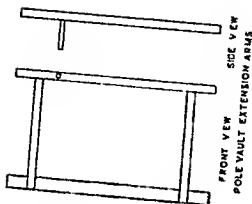
(b) *Cross bar* The cross bar shall be between 3.86 metres (12 ft 8 in) and 4.52 metres (14 ft 10 in) in length. The maximum weight for the cross bar shall be 2.26 kg (5 lb).

(c) *Supports for cross bar* Pegs shall be used to support the cross bar and shall be without notches or indentations of any kind of uniform thickness throughout and not more than 13 millimetres ( $\frac{1}{2}$  in) diameter. They must not extend more than 75 millimetres (3 in) from the uprights and the cross bar shall rest on them so that if it is touched by a competitor or his pole it will fall easily to the ground in the direction of the landing area.

**NOTE** To lessen the chance of injury of a competitor by his falling on the feet of the uprights as an alternative to the above the pegs supporting the cross bar may be placed upon extension arms permanently attached to the uprights thus allowing the uprights to be placed wider apart without increasing the length of the cross bar. (See diagram.)

(d) The landing area should measure not less than 5 x 5 metres (16 ft 4 in).

(e) *Box* This shall be constructed of either wood, metal or some other suitable rigid material and shall be 1 metre (3 ft 3 in) in length, measured along the inside of the bottom of the box (existing boxes with a measurement of 1 metre (3 ft 3 in) at ground level will continue to be acceptable). 600 millimetres (1 ft 11 in) in width at the front end and tapering to 150 millimetres (6 in) in width at the bottom of the stopboard. The length of the box at ground level and the depth of the stopboard will depend upon the angle formed between the base and stopboard which shall be 105°. The base of the box shall slope from ground level at the front end to a vertical distance below

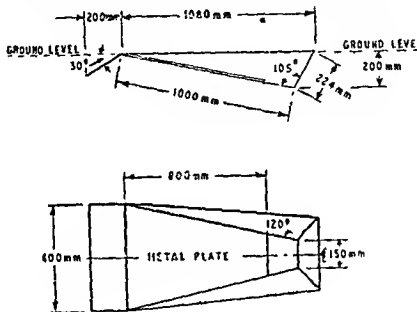


### 3 Pole Vault

ground level of 200 millimetres (7½ in.) at the point where it meets the stopboard. The box should be constructed in such a manner that the sides slope outwards and end next to the stopboard at an angle of approximately 120°.

If the box is constructed of wood, the bottom shall be lined with 2.5 millimetres (0.1 in.) sheet iron or metal for a distance of 800 millimetres (2 ft. 7½ in.) from the front of the box.

The diagram below gives measurements of a box constructed with an angle of 150° between the base and the stopboard.



### RULE 202

**Vaulting Pole.** The pole may be of any material or combination of materials and of any length or diameter, but the basic surface of the metal, where metal is used, must be smooth. The pole may have a binding only of not more than two layers of adhesive tape of uniform thickness.

This restriction does not however apply to binding the bottom end of the pole with protective layers of tape for a distance of about 30 centimetres (1 ft), to reduce the risk of damaging the pole when striking the back of the box.

# RULE 204

**Javelin.** 1. *Construction.* The javelin shall consist of three parts: a metal head, a shaft, and a cord grip. The shaft may be constructed of either wood or metal and it shall have fixed to it a metal head which should weigh 80 grammes terminating in a sharp point.

2. It shall conform to the following specifications.

*Weight inclusive of cord grip*

	<i>Men</i>	<i>Women</i>
Minimum ..	800 grammes	600 grammes
Maximum ...	(1 lb. 12.218 oz.) ..	(1 lb. 5.163 oz.)

	<i>Men</i>	<i>Women</i>
<i>Overall length</i>		
Minimum ...	260 centimetres (8 ft. 6½ in.)	220 centimetres (7 ft. 2½ in.)
Maximum, ...	270 centimetres (8 ft. 10½ in.)	230 centimetres (7 ft. 6½ in.)

*Length of metal head*

Minimum ...	25 centimetres (9½ in.)	25 centimetres (9½ in.)
Maximum, ...	33 centimetres (13 in.)	33 centimetres (13 in.)

*Distance from tip of metal head to centre of gravity*

Minimum ...	90 centimetres (2 ft. 11½ in.)	80 centimetres (2 ft. 7½ in.)
Maximum ...	110 centimetres (3 ft. 7½ in.)	95 centimetres (3 ft. 1½ in.)

*Diameter of shaft at thickest point*

Minimum ...	25 millimetres (1 in.)	20 millimetres (¾ in.)
Maximum ...	30 millimetres (1½ in.)	25 millimetres (1 in.)

*Width of cord grip*

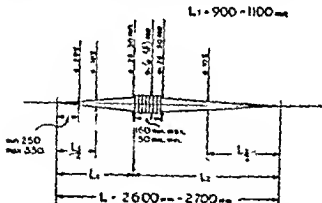
Minimum ...	15 centimetres (6 in.)	14 centimetres (5½ in.)
Maximum, ..	16 centimetres (6½ in.)	15 centimetres (6 in.)

3 The cord shall be about the centre of gravity without thong, notches or indentations of any kind on the shaft, and shall not exceed the circumference of the shaft by more than 25 millimetres (1 in). The binding shall be of uniform thickness.

4 The cross-section shall be regularly circular throughout and the maximum diameter thereof shall be under the grip. From the grip the javelin shall taper gradually to the *tip of the metal head* and the rear tip. The line from the end of the grip to the *tip of the metal head* may be straight or slightly curved but the curve must be gradual and there must be no abrupt alteration in the diameter of the section throughout the length of the javelin.

5 The javelin shall have no mobile parts or other apparatus which during the throw could change its centre of gravity or throwing characteristics.

6 The tapering of the shaft from the maximum diameter to the *tip of the metal head* or to the rear tip shall be such that the diameter at the midpoint between the end of the cord grip and either tip shall not exceed 90 per cent of the maximum diameter of the shaft and that at the point of 15 centimetres (6 in) from either tip 80 per cent of the maximum diameter (See diagram).



NOTE In reducing the large scale drawing to dimensions suitable for inclusion in the handbook it has been made to appear that the point at which the tapered shaft must not exceed 80 per cent of the maximum

diameter coincides with the commencement of the metal head. This is not so as this diameter is the maximum permitted at a distance of 150 mm from the point of the metal head and there is no relation to the actual length of the head.

### RULE 205

**Discus 1 Construction** The body of the discus shall be made of wood or other suitable material with metal plates set flush into the sides and shall have, in the exact centre of the circle framed by the metal rim, a means of securing the correct weight.

**2** It shall conform to the following specifications

	<i>Men</i>	<i>Women</i>
<i>Weight</i>		
Minimum	2 kilogrammes (4 lb 6 547 oz)	1 kilogramme (2 lb 3 274 oz)
<i>Outer diameter of metal rim</i>		
Minimum	219 millimetres (8½ in)	180 millimetres (7½ in)
Maximum	221 millimetres (8½ in)	182 millimetres (7½ in)
<i>Diameter of metal plates</i>		
Minimum	50 millimetres (2 in)	50 millimetres (2 in)
Maximum	57 millimetres (2½ in)	57 millimetres (2½ in)
<i>Thickness at centre</i>		
Minimum	44 millimetres (1½ in)	37 millimetres (1½ in)
Maximum	46 millimetres (1½ in)	39 millimetres (1½ in)
<i>Thickness of the rim at a distance of 6 millimetres (¼ in) from the edge</i>		

#### *Men*

#### *Women*

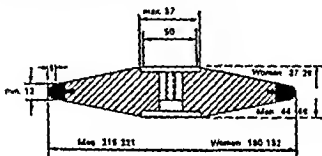
Minimum	12 millimetres (½ in)	12 millimetres (½ in)
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The edge of the metal rim shall be rounded in a true circle.

**3** Each side of the discus shall be identical and made without indentations, projecting or sharp

sides shall taper in a straight line from the beginning of the curve of the rim to a circle a distance of 25 millimetres (1 in.) from the centre of the discus.

The thickness at 25 millimetres (1 in.) from the centre of the discus shall be exactly the same as at the centre.



All measurements  
in millimetres

Discus

**Shot 1. Construction** The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other material. It must be spherical in shape and the surface must be smooth.

2. It shall conform to the following specifications.

	Men	Women
<b>Weight</b>		
Minimum	7.26 kilogrammes (16 lb.)	4 kilogrammes (8 lb. 13 oz.)
<b>Diameter</b>		
Minimum	110 millimetres (4½ in.)	95 millimetres (3¾ in.)
Maximum	130 millimetres (5½ in.)	110 millimetres (4½ in.)

## RULE 207

### Construction

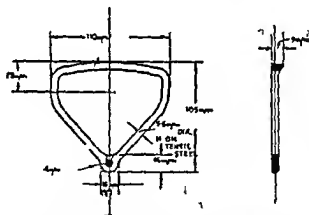
**Hammer 1. Head** The head shall be of solid iron or other metal not softer than brass, or a shell of such metal, filled

with lead or other solid material. It must be completely spherical in shape.

If a filling is used this must be inserted in such a manner that it is immovable and that the centre of gravity shall not be more than 6 millimetres (0.25 in.) from the centre of the sphere.

**2 Handle** The handle shall be of single unbroken and straight length of spring steel wire not less than 3 millimetres (0.118 in.) or No. 11 Standard Wire Gauge (0.116 in.) in diameter, and shall be such that it cannot stretch appreciably while the hammer is being thrown. The handle may be looped at one or both ends as a means of attachment.

For example of approved hammer handle see diagram.



EXAMPLE OF APPROVED HAMMER HANDLE

**3 Grip** The grip may be either of single or double loop construction, but must be rigid and without hinging joints of any kind, and so made that it cannot stretch appreciably while being thrown. It must be attached to the handle in such a manner that it cannot be turned within the loop of the handle to increase the overall length of the hammer.

**4 Connection** The handle shall be connected to the head by means of a swivel which may be either plain or ball.



The grip shall be connected to the handle by means of a loop.  
A swivel may not be used.

5 The hammer shall conform to the following specifications

*Weight of hammer complete as thrown*

Minimum 7.26 kilograms (16 lb)

*Length of hammer complete as thrown measured from the inside of the grip*

Minimum 117.5 centimetres (3 ft 10½ in)

Maximum 121.5 centimetres (3 ft 11½ in)

*Diameter of head*

Minimum 102 millimetres (4 in)

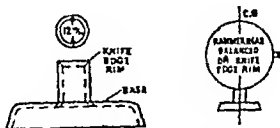
Maximum 120 millimetres (4½ in)

*Centre of Gravity of Head*

Not more than 6 millimetres (0.25 in) from the centre of the sphere

*e.g.* It must be possible to balance the head, less handle and grip, on a horizontal sharp edged circular orifice 12 millimetres (0.5 in) in diameter.

(See diagram)



SUGGESTED CONSTRUCTION OF APPARATUS  
FOR TESTING CENTRE OF GRAVITY OF HAMMER

## RULE 208

1. **Hammer or Discus Throwing Cage.** All hammer and discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials, and competitors.

2. The cage should be C-shaped in plan, the diameter being 7 metres (22 ft. 11½ in.) with the opening through which the throw is made 6 metres (19 ft. 8½ in.) wide. The height should not be less than 3.35 metres (11 ft.) but preferably should be at least 4 metres (13 ft. 1½ in.).

3. Cages made to the following specifications are in use and have been found satisfactory.

*Framework.* A wire cable, or a series of metal struts, is suspended at a height of not less than 3.35 metres (11 ft.) and preferably 4 metres (13 ft. 1½ in.) above the ground in the shape of a letter C. The radius of the C is 3.5 metres (11 ft. 6 in.) with the open end 6 metres (19 ft. 8½ in.) wide. The cable, or series of struts, is supported in a horizontal plane by eight metal supports made in the shape of gallows, so that the C shape is formed by seven straight panels, each 2.74 metres (9 ft.) wide.

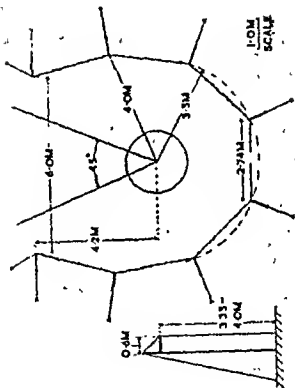
*Netting.* A net 19.2 metres (63 ft.) long and 0.3 metres (1 ft.) wider than the height of the struts, made of cord 12.5 millimetres (0.5 in.) in circumference with 50 millimetres (2 in.) meshes, is suspended from the wire cable or series of metal struts. The lower edge of the net resting on the ground turns inwards towards the centre of the C, and to it are attached at regular intervals sandbags each weighing approximately 13.5 kilogrammes (30 lb.).

*Erection.* The eight metal supports are set into the ground either with spikes or permanent sockets. The sockets should be sunk to a depth of approximately 30 centimetres (1 ft.) and provided with covers for use when the supports are removed. The supports and suspended nets are kept in position by wire ropes attached to ground spikes.

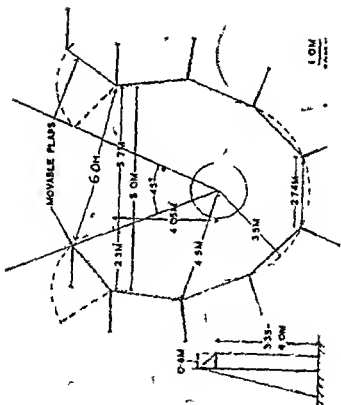
## RULE 209

**Circles.** 1. *Construction.* Circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The earth or clay in the circles shall be packed hard, firm and level and 2 centimetres (0.75

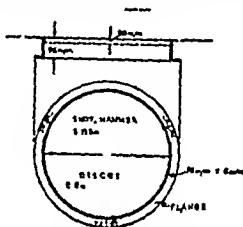
# Suggested Construction for Hammer or Ditch Cage



# Alternative Hammer or Discus Cage with Movable Flaps



(tolerance 6 millimetres (0.25 in.) plus or minus) lower than the outside of the circle. The interior of the circles for shot putting, discus throwing and hammer throwing may be constructed of concrete or a similar material.



*For rigidity it is recommended that a flange be fitted at the base of the board.*

2. *Measurements* The circle shall measure  
 Discus throwing . . . 2.50 metres (8 ft 2.5 in) inside diameter.

Hammer throwing or  
 shot putting . . . 2.135 metres (7 ft.) inside diameter.

The rim of the circle shall be at least 6 millimetres (0.25 in) in thickness and 76 millimetres (3 in.) in height sunk flush with the ground outside.

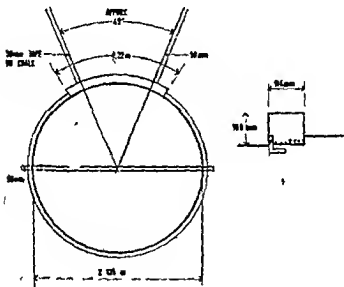
3. The rim of the circle shall be painted white.

### RULE 210

1. *Stop Board (Putting the Shot). Construction* The board shall be made of wood or some other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle, also so made that it can be firmly fixed to the ground.

2. *Measurements.* The board shall measure 1.22 metres (4 ft.) long on the inside, 114 millimetres (4.5 in.) wide and 100 millimetres (4 in.) high in relation to the level of the inside of the circle and 80 millimetres ( $3\frac{1}{2}$  in.) in relation to the level of the ground outside the circle.

3. *Finish.* The board shall be painted white.



### RULE 211

**Sectors for Throws from Circles and Arcs.** The sector within which all throws must fall, shall be clearly marked on the ground with lines 5 centimetres (2 in.) wide, the inner edges of which shall form the sector lines, the radii lines crossing at the centre of the circles. The outer ends of the radii lines should be marked with sector flags.

### RULE 212

**Sector Flag.** 1. *Construction.* The sector flag should be entirely of metal.

2. *Measurements* The flag should be rectangular in shape, measuring about 20×40 centimetres (8×16 in) and not less than 60 centimetres (or 2 ft) in length, with the standard 8 millimetres (5/16 in) in diameter above the ground

### RULE 213

**Hurdles** 1. *Construction* The hurdles shall be made of metal or some other suitable material with the top bar of wood or other suitable material. They shall consist of two bases and two uprights supporting a rectangular frame, reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. The hurdle shall be of such a design that a force at least equal to the weight of 3.6 kilogrammes (8 lb) applied to the centre of the top edge of the crossbar is required to overturn it. The hurdle may be adjustable in height for each event. The counterweights must be adjustable so that at each height a force at least equal to the weight of 3.6 kilogrammes (8 lb) and not more than 4 kilogrammes (8 lb 13 oz) is required to overturn it.

*Measurements* The standard heights of the hurdles shall be

#### Women

100 metres	84.0 centimetres (2 ft 9 in)
200 metres	76.2 centimetres (2 ft 6 in)

#### Men

110 metres	120 yards	1.067 metres (3 ft 6 in)
200 metres	220 yards	76.2 centimetres (2 ft 6 in)
400 metres	440 yards	91.4 centimetres (3 ft 0 in)

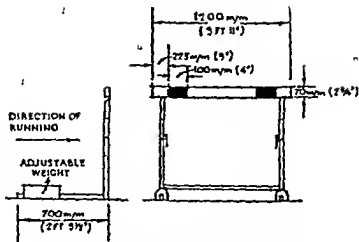
The extreme width shall be 1.20 metres (3 ft 11 in). The extreme length of the base shall be 70 centimetres (2 ft 3.5 in). The total weight of the hurdles shall be not less than 10 kilogrammes (22 lb 0.75 oz).

**NOTE** In each case there shall be a tolerance allowance of 3 millimetres (1/8 in) above and below the standard heights to allow for variation in the manufacture.

(Also see Rule 163)

3. The width of the top bar shall be 70 millimetres (2.75 in). The thickness of this bar should be between 10 and 25 millimetres. The bar should be firmly fixed at the extremities.

4. *Finish* The top bar should be striped in black and



### EXAMPLE OF APPROVED HURDLE

white in such a manner that the white stripes appear at the end of each hurdle and that they shall be at least 225 millimetres (9 in) in width. The hurdle shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor.

**5 Testing** To check the resisting force of hurdles a simple spring balance should be used by the application of a pulling force to the centre of the cross bar. Alternatively use a cord with a hook, applied to the centre of the cross bar, take the cord along over a pulley fixed conveniently and load the other end of the cord with weight.

### RULE 214

**Relay Baton Construction** The baton shall be a smooth hollow tubule circular in section, made of wood or metal or of any other rigid material in one piece, the length of which shall be not more than 30 centimetres (1 ft) and not less than 28 centimetres (11 in). The circumference shall be 120 millimetres (4 7/8 in) and it shall not weigh less than 50 grammes (1 3/4 oz).

### RULE 215

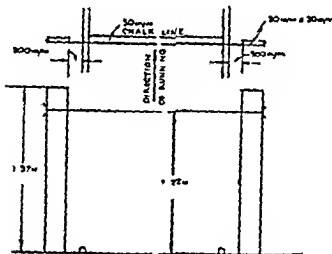
**1 Starting Blocks** The purpose of starting blocks is to expedite the carrying through of programmes and to protect the tracks.



2. They must be constructed entirely of rigid materials
3. They may be adjustable, but must be made without springs or other devices whereby the athlete can obtain any artificial assistance
4. They should be so made as to be easily and quickly placed into position and removed without any damage to the track
5. They may be used only in races not exceeding 880 yards and in relay races only by those competing over the first stage provided that stage does not exceed 880 yards.  
(See also Rule 162 para 9)

### RULE 216

**Finish Posts** The finish posts shall be of rigid construction of about 1.37 metres (4 ft 6 in) in height, 8 centimetres (3 in) in width and 2 centimetres (0.75 in) in thickness



**DIVISION IV**  
**RULE 381**  
**EVENTS FOR WHICH WORLD RECORDS ARE**  
**RECOGNISED**  
**MEN**

**Running**

100 yards	2 miles	100 metres	2000 metres
220 "	3 "	200 "	3000 "
440 "	6 "	400 "	5000 "
880 "	10 "	800 "	10000 "
1 mile	15 "	1000 "	20000 "
		1500 "	25000 "
			30000 "

**1 hour**

**Steeplechase**  
**3000 metres**

**Hurdles**

120 yards	110 metres
220 "	200 "
440 "	400 "

**Relays**

4×110 yards	4×100 metres
4×220 "	4×200 "
4×440 "	4×400 "
4×880 "	4×800 "
4×1 mile	4×1500 "

**Walking**

20 miles	20000 metres	2 hours
30 "	30000 "	
	50000 "	

**Jumping**

High Jump  
 Long Jump

Triple Jump  
 Pole Vault

**Throwing**

Shot put  
 Javelin throwing

Discus throwing  
 Hammer throwing

**Decathlon****WOMEN****Running**

100 yards	60 metres
220 "	100 "
440 "	200 "
880 "	400 "
1 mile	800 "
	1500 "

**Hurdles**

100 metres (10 hurdles)

200 metres (10 hurdles)

**Relays**

4 × 110 yards	4 × 100 metres
4 × 220 "	4 × 200 "
4 × 440 "	4 × 400 "
4 × 880 "	4 × 800 "

**Jumping**

High Jump

Long Jump

**Throwing**

Javelin throwing

Discus throwing

Shot put

**Pentathlon**

# VOLLEYBALL

*(Established by the Commission for the Laws of the Game, and adopted by the Congress in 1959, with subsequent amendments in 1964)*

## PRELIMINARY NOTE

These rules are valid for feminine and masculine teams except for Rule 2, Art. 2: 'Height of the net'.

## CHAPTER I

### Location of the Game, Settlement and Inventory

#### Rule 1. Court and Boundary Lines

Art. 1. *Court*: 18 m.  $\times$  9 m. Free from all obstructions up to a height of 7 m. measured from the ground.

Art. 2. *Lines*: These court shall be enclosed by lines five centimetres in width which shall everywhere be at least two metres from the nearest obstacles. Anyway, a minimum of three metres is recommended in all cases.

Art. 3. *Centre Line*: The line beneath the net divides the court in two equal parts, and shall be 5 cm. (2") in width and is limited by the side lines.

Art. 4. *Attack Area*: In each half of the court, a line of 9 m. by 5 cm parallel to the centre line, is drawn 3 m. from the centre line, its width of 5 cm. being included in these 3 m. The attack area marked out by the centre line and the attack line are supposed to be extended indefinitely.

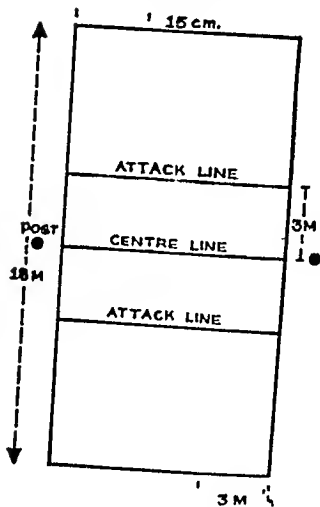
Art. 5. *Service Area*: Two lines of 15 cm. by 5 cm. delimiting the service area are drawn at 20 cm. behind and perpendicularly to the back line; one on the extension of the right side line, the other at 3 m. to the left of the side line. The service area shall be and take a minimum of 2 m. in depth.

#### Rule 2. The Net...

Art. 1. *Net*: 1 m. wide and 9.50 m. long, mesh 10 cm. square double thickness of white canvas, 5 cm. in width sewed

## VOLLEYBALL COURT

----- 9 M -----



along the top. A flexible cable running through the bands of white canvas shall stretch the top of the net.

**Art. 2. Height :** 2 m. 43 cm. at the centre for masculine teams and 2 m. 24 cm. for feminine teams. For junior players and children, height of the net is left to the discretion of National Federations. The two ends of the net must be at the same height from the ground, and must not exceed 2 cm. from the stipulated height.

**Art. 3. Side Markers :** A movable band of white materials 5 cm. in width, shall be placed at the extremities of the net, perpendicular to the side and centre line.

The posts sustaining the net must be at a distance at least of 50 cm. from the side markers; they must not inconvenience the Referees and Umpires who have to follow the game.

### Rule 3. The Ball

Circumference : from 65 to 67 cm. (26" to 26.8").

Weight : from 250 to 280 gms. (9 oz. to 10 oz.).

## CHAPTER II

### Participants of Competitions

#### Rule 4. Rights and Duties of Players

**Art. 1.** Every player must know the rules of the game and follow them strictly.

**Art. 2.** During the game, the player can only address the Referee through the captain of his team.

The captain may, alone, address the Referee, and shall be the spokesman of his players; he can also address the Umpire, but only in discharging his duties.

**Art. 3.** Conduct of players, substitutes and coaches:

All the following offences shall be punished :

(a) Persistently addressing the Officials on questions of their decisions.

(b) Making unpleasant remarks to Officials.

(c) Committing unpleasant acts or actions tending to influence the officials' decisions.

(d) Making unpleasant acts or personal remarks to opponents.

(e) Deliberate coaching during the game by anyone from outside the court is not allowed.

(f) Leaving the court without the Referee's authorization, except between the sets, during a time-out.

(g) At the instant the ball is touched, and this especially during reception of the serve, it is forbidden for players to clap their hands, to shout or to take any action whose purpose is to disturb the Referee in his judgement concerning the handling of the ball.

#### *Art. 4. Punishment .*

(a) For a slight fault, a simple warning, for example : 'discussion with an opponent, spectators or officials, shouting on the court—intentional delay of the game X. In case of repetition, the player shall receive a personal warning recorded on the score sheet, and his team loses a point or the service.

(b) For a serious fault : a warning recorded on the score sheet. This automatically entails the loss of point or a change of service. In case of personal repetition of the offence, the Referee may disqualify the player for the set of the game. The Referee shall disqualify without any further warning a player addressing unpleasant remarks to officials, opponents or spectators.

#### *Rule 5. Equipment of Players*

##### *Art. 1. .*

(a) The player shall wear a jersey, pants, light shoes (lithe, without heel, in rubber or leather). It is forbidden to players to wear head-gear or any article (jewels, pins, bracelets, etc.), and all metallic objects which can cause injury during the game.

(b) Players of the teams shall wear on their chest and back numbers of 15 cm. height. The width of the strip forming the figure shall be 2 cm. Moreover, during international matches, the captain shall wear on the left side of his chest a badge of 8 cm. x 1.5 cm. in a different colour from that of his jersey.

(c) 'On request' the Referee can authorise one or several players to play without shoes

**Art 2.** Members of the team must appear on the court dressed in a clean, careful dress and of the same colour with numbers on.

„If the weather is cold, they are authorized to play in training suits.

### Art. 3. *Composition of Teams and Substitutes*

(a) *Number of Players* : The number of players shall obligatorily be 6, whatever the circumstances may be. The composition of a complete team, including substitutes, must not be over 12 players. Before the game starts, the names of all the players and substitutes shall be recorded on the score sheet. Those players whose names have not been recorded must not participate in the game.

(b) *Substitutes* : Substitutes and coaches must sit by the side of the court, opposite the referee. Substitutes may however, warm up outside the court, on condition that they come back afterwards to the above indicated place.

(c) *Substitutions* : Substitution of players is made upon a request from the Captain of the Coach of a Team to either the Referee or Umpire. A team is allowed a maximum of 6 substitutes per game. Before entering a game, a substitute must present himself in uniform to the Scorekeeper and be ready to take his place immediately as soon as he has been authorized to do so.

(d) Every player beginning a set has the right, after having been replaced by any reserve substitute, to re-enter the same set *but only once* and then, definitely in the place of the player who replaced him and furthermore, no other player except the one originally withdrawn may enter the game to take the place of a substitute. A substitute leaving the set is not allowed to re-enter the same set, unless his team becomes incomplete, through an accident or injury of a player, and that normal substitutions have been used he may then replace the injured or wounded player whatever the place of, this player. In the case of one of the teams becoming incomplete through the elimination of one of the players by the Referee and that normal changes have been used, the team shall loss the current set, but will get the benefit of the points which have been won.

### Art. 4. *Position of Players*

*At the time the ball is served* : the players of the two teams must be placed in their own court, in two lines of three players. These lines may be broken lines.

The three players being at the net are the front line players, the three others forming the back line are back players. They are to occupy (from right to left, parallel to the net), basic



places 2, 3 and 4 for the front line players, and 1, 6 and 5 for the back players.

Parallel to the net; 2 shall be at the right of 3, 3 at the left of 2, and at the right of 4, 4 at the left of 3, 5 at the left of 6, lastly, 6 at the left of 1 and at the right of 5.

*As soon as the ball is served* : each player can cover any section of his own court.

Till the end of the set, the rotation order which is indicated on the score sheet must be observed. Before the beginning of each set, the rotation order can be changed on condition that this change has been recorded previously on the score sheet.

Art. 5. Whenever a team is found to have an error in the position of its players, play must be stopped and the error must be corrected. All the points made by the Team at fault since committing the error must be cancelled. If this team is serving at the moment, a side-out shall occur. All the points scored by the opposing team are retained. If it is not possible to determine the exact time of the mistake the team in error shall resume its correct position and shall be penalized by the loss of a point or a side-out as the case may be.

#### Rule 6. Coaches, Managers and Captains of Teams

Art. 1. Coaches, managers and captains of teams are responsible for their teams' discipline.

Art. 2. *The coach* has the right to request time out for rest or substitution. When the game is interrupted for rest, he has the right to speak to the players, but without entering the court.

Coaches and Managers shall not, while play is going on, contest the decisions of the Referee.

### CHAPTER III

#### Duties of Officials

#### Rule 7. Composition of the College of Officials

The game is managed by the College of the Officials, consisting of :

- 1 Referee
- 1 Umpire
- 1 Scorer
- 2 Linesmen

**Rule 8. Referee (Looking above the net)**

The referee directs the game and his decisions are final. The referee has authority over all Official and players from the beginning to the end of the match. This includes the periods during which the game may be momentarily stopped for one reason or another. He has power to settle all questions, even those not specified in the Rules. He can annul the decisions of the other Officials when he considers they are mistaken. He must look above the net at 50 cm. from one of its extremities. Only referee penalizes violation made by players of Rule 4.

*NOTE 1: Each action is considered as finished with the whistle of the referee.*

*NOTE 2: Immediately after the whistle, stopping the game, the referee shall indicate with a hand signal the team which has to serve and with the other hand the nature of the fault.*

**Rule 9. Umpire (Assisting the Referee)**

The Umpire shall place himself at the opposite side of the court, from the Referee.

(1) He takes all decisions regarding crossing of the centre line below the net, and the line of attack.

(2) He points out when a ball touches the net, outside the vertical line placed at his side.

(3) He keeps official time of 'time-out'.

(4) He controls the coaches and substitutes on the sides of the court.

(5) He authorizes substitutions on the request of the captain or the coach of a team.

(6) He judges contacts with the net, except those over or on the horizontal band of the net.

(7) He controls the starting position of the players of the receiving team at the beginning of each service.

(8) He calls the Referee's attention to all unsporting actions.

(9) He verifies at the beginning of each game that the initial position of each team corresponds exactly to the order of rotation shown on the line-up submitted by that team.

(10) He watches for contacts of the ball with foreign objects.

(11) He helps the Referee in any manner which may be requested by him

### Rule 10 The Scorer

The Scorer's position is on the side opposite to Referee, and behind the Umpire

(1) Before the beginning of the game, he takes the names of the players, substitutes, signatures of captains and coaches of the teams authorized to introduce substitutions in the team

(2) The scorer shall keep the score sheet as the game progresses strictly following the modalities, indicating moreover the number of interruptions demanded in the game, and substitutions of players. At each new request of interruption of the game for time-out, he shall announce the number of time out requested by each team

(3) After tossing the coin and before each set he records on the match sheet the position of the players on the court (rotation order). The position of the team serving first is recorded first on the match sheet

The scorer shall not give the respective formations of the teams, except to Officials who can ask him

(4) During the game, he shall see that the rotation order is carried out correctly

(5) He announces the changing of side after the end of each set, and after the 8th point made by one of the teams during the last set

(6) During the stop of the game he points out to Officials the requests of time-out

### Rule 11 Linesmen

In the minimum number of two, the linesmen are placed diagonally at the two opposite side corners other than the Service corners, at a minimum distance of 1 m (3) indoors and 3 m (10) outdoors

They watch the side lines and end lines on their respective side

They are under the orders of the Referee, they raise their hands when a ball is 'Out', let them down when a ball falls on the court

The referee can ask them to point out with their hands if a ball is 'out', and has been touched previously by a player of the

receiving team. The linesmen call also the attention of the Referee to the faults made by Players serving and when the ball passes over the outside of the side markers of the net.

## CHAPTER IV

### Rules of the Game

Rule 12. Duration of the Game and Choice of the Court

Art. 1. *Number of games in a match* : All international matches are played in 3 winning set.

Art. 2. *Choice of the court* : The Captains draw lots for the court or the service. The winner chooses either the court or the right to serve first.

Art. 3. *Change of court during the decisive set* : Before the beginning of the decisive set, the Referee makes a new tossing of the coin to fix the choice of court or service.

Art. 4. *Change of court* : After each game.

Art. 5. *Change of court in the middle of the game* : When the two teams are equal in the last, and one team has a total of 8 points, the teams change courts automatically, but the service continues, to be made by the team which served at the time of the change.

In case changing courts would not have been made in regular time, it will have to be made as soon as the Referee or one of the Captains will realize it. The Score will stay as it was when the change occurred.

Art. 6. *Time-out*

(a) Time-out can be allowed by the Referee or the Umpire solely when the ball is 'dead'.

When the Captain or the Coach of a team asks for such an interruption of the game, he must indicate whether it is for a rest or a *substitution of a player*. If he does not make any indication, the Referee will presume it is for a rest.

(b) During time-out, it is forbidden for the players to leave the court to speak with anyone except to receive advice of their coach who must not enter the court.

(c) Each team may take 2 time-outs for rest per set. The length of an interruption for rest will be 30 seconds. Two consecutive time-outs may be requested by either team without the necessity of play beginning again between requests for substitutions.

A time-out period for rest by one team may be followed immediately by a request from either team for another time out

(d) If by error, a 3rd time out for rest is requested to Referee, it will be refused, and the Coach or the Captain concerned will receive an observation. In the case of repetition during the game, the corresponding team will be then penalized with the loss of the point or the service

(e) In case of substitution of a player, the game will be resumed immediately after the substitution has taken place, with interdiction for everybody including the Coach to advise the players during the substitution

(f) In case of injury, a time-out of 3 minutes will be given and will not be counted as time-out for the rest. The interruption of 3 minutes can occur only in the case where the injured player cannot be replaced. As soon as the Referee notes an accident, he shall immediately stop the game, and the point has to be played again

(g) A maximum interval of 2 minutes is authorized between each set. This interval shall be of five minutes between the 4th and 5th set. The interval includes change of court and recording of the two teams on the match sheet

**Art 7 Interruptions of the game** If, in an international match any circumstances (inclemencies, material etc) forbid to finish an international match on the same court, and if the match cannot be resumed in a maximum delay of 4 hours

(1) If the game is resumed on the same court, the results of the interrupted set will be kept, the game taking normally back at the interruption

(2) If the match is resumed on another court or in another stadium, the results of the interrupted set will be cancelled. However, the results of the sets already played will stay acquired

If the delay of 4 hours is not respected, the match should be played again, whatever the place chosen

### Rule 13 Beginning of the Game and Service

**Art 1 Service** The service is the putting of the ball in play by the player at right back, who hits the ball with his hand (open or closed) or any part of the arm, to send it over the net into the opponent's court

The player goes in the area reserved for this purpose and hits the ball. At this time, the service becomes effective. The ball shall be hit, either after being thrown, or no more held by the player. It is forbidden to hit a ball held on the other hand. The player, after having served, can fall back on the court or on the back line, under condition, however, that his fall has happened behind the back line and between the two lines delimiting laterally the service area.

If, after having been thrown, the ball falls to the ground without being touched, the service is retaken. However, the Referee must not allow the game to be delayed in this way.

The service is considered correct if the ball has passed over the net without touching it, between the two vertical bands which are delimiting the width of the pitch. The service should take place immediately after the Referee's whistle.

A player cannot take more than five seconds for executing the service after the whistle of 1st Referee who will only whistle when the player is ready for making the service.

If one of the players makes a service before the Referee's whistle, this service is cancelled and shall be resumed.

**Art. 2. Change of service :** Every player making the service must continue to serve until the Referee whistles for a fault of his team.

**Art. 3. Serving faults :** A service ball is a foul and the Referee will whistle 'change of service'.

(1) When the ball touches the net.

(2) When the ball passes under the net.

(3) When the ball passes over the net entirely outside the side markers on the net, directly above the side lines.

(4) When the ball touches a player or any object whatsoever before penetrating into the opponent's court.

(5) When the ball falls outside the limits of the court.

**Art. 4. Wrong Service :** Change of service or following the case, loss of points scored by the faulty server. The player of the faulty team shall then take back immediately the position they should have occupied normally.

**Art. 5. Service for the set other than the first :** Each new set is started by the team that did not serve first in the .

set except for the decisive set (service decided by the drawing of lot)

**Art 6 *Delaying the game*** Any player committing any act whatsoever that in the mind of the Referee tends to delay the game must be penalized

**Art 7 *Screen*** At the moment of the service, it is illegal for players of the serving team to place their arms, jump or form groups of two or several players for the purpose of forming a screen with which to mask the server's actions

### Rule 14 Change of Service

**Art 1 *Change of Service*** When the serving team commits a fault

**Art 2 *Changement*** The service shall change side when a 'side-out' is announced

### Rule 15 Change of Position (rotation)

**Art 1** The team that receives the ball for the service shall immediately rotate, clockwise

**Art 2 *Changing Position at the beginning of the set*** The players can change their positions completely in comparison with the previous set always understanding that the scorer is kept informed of it before the beginning of the set

### Rule 16 Hitting of the Ball

During the game

**Art 1** The ball can be struck by any part of the body above the belt

**Art 2** The ball can touch any number of the parts of the body (down to the belt) on condition that it should be simultaneously, and that the ball is not held, but hit, and rebounds vigorously

**Art 3 *Touched ball*** A player who touches the ball or is touched by it, when the ball is in play, shall be considered as playing the ball

**Art 4 *Holding the ball*** When the ball comes to rest momentarily in the hands or arms of the player, he will be considered as catching or "holding" the ball. The ball must be clearly hit. Scooping, lifting, shoving or following the ball shall be considered as holding

A ball clearly hit beneath with both hands is 'good'

**Art. 5. Dribbling :** A player touching the ball more than once with whatever part of his body when no other player has touched it meanwhile, should be considered as '*dribbling*'.

### Rule 17. Game of Two Players

**Art. 1.** If two opponents hit the ball simultaneously above the net, the player from the team receiving the ball is considered as having last hit it. After the simultaneous touch by two opponents, the team in whose court the ball falls has again 3 touches of the ball.

If, after the simultaneous touch by two opponents, the ball falls on the ground inside the limits of the court, the team on whose side the ball falls is at fault; on the other hand, if the ball falls outside the court, it is the other team which is at fault.

If the ball is simultaneously held, it is a double fault (the play shall be played again).

**Art. 2. Ball played by two players :** When two players belonging to the same team are playing the same ball, and when this ball is touched by one of them, it shall be considered as only one touch of the ball. A player can send back a ball in touching or pushing a partner but, without, however, leaning on him to catch the ball. It is authorized to support or hold back a partner ready to make a fault.

On the contrary, when two players belonging to the same team are touching the ball simultaneously, it will be considered as two touches of the ball.

**Art. 3. Double foul :** To be replayed. When two opponents make a personal fault simultaneously.

**Art. 4. The block :** The block is an action which consists of trying to stop the attack of the adversary immediately after the ball has passed over the net, by using any part of the body situated above the belt. It may be executed only by players occupying front line positions. Any player is considered as having made a block or having had the intention of blocking, if he places one or both hands above the top of the net. Any block is considered as an actual block if the ball is touched by one or several players. If the ball touches one or several players of the block, it should be counted as only one touch, even if the contacts with the different blockers were not simultaneous. It is illegal for the players in the back court positions to come



block to the net, but they may play the ball as close to the blockers as they wish

(1) Any of the players participating in single or group block, can receive the ball after block but the next touch after block should not be a smash or placing. The team receiving the ball can have three touches including block

(2) At the time of block if the players block the ball on the other side of net, it is not a mistake, provided the ball has been touched after smash

Art 5 When the ball, after touching the top of the net and the opponent's block, goes back to the attacking team court, the players of this team obtain again 3 touches of the ball

### Rule 18 Play at the Net

Art 1 *The ball touching the net in the course of the game* (other than a service) the ball is good

Art 2 *Passing of the ball* A ball passing even partly, over the exterior markers, is good

Art 3 If the ball crosses other side of the net even slightly over the side markers, it is good and if the ball going out on the other side and the player of the opponent team touches the ball, the play will be continued. But if the ball crosses the net outside the side markers, the Referee will immediately whistle to stop the play even if the player of the opponent team touches the ball

Art 4 The player of the same team cannot also go to the other side outside the marks to bring the ball back to his court for another touch

Art 5 *Ball in the net between the side markers* can be retaken (except in the service), always on the condition that the player himself does not touch the net. If the ball has been touched 3 times by a team and that it touches the net (without passing over), the Referee shall whistle 'side out' only after the 4th touch or on contact of the ball with the ground

Art 6 If the ball is driven into the net with a force causing the net to contact player of the opponent team, such contact shall not be considered as a fault on the part of the latter

Art 7 If two opponents simultaneously touch the net, this shall constitute a 'double fault'.

## Rule 19. Passing Hands over the Net

Art. 1. Passing hands over the net, touching the ball over the opponent's court, shall not constitute a fault provided the ball has been touched after smash.

Art. 2. Passing the hands over the net.

(a) Without touching the ball at the moment of executing the blocking is not a fault.

(b) At the completion of the motion after hitting the ball (either the spike or the Block), does not constitute a fault.

## Rule 20. Passing of the Centre Line

Art. 1. *Passing of the Centre Line* Contact of any part of a player's body with the opponent's court, as well as crossing the vertical plane under the net with any part of the body for the purpose of attracting the opponent's attention or impeding him, is considered as foul. The act of touching the centre line without touching the court on the opponent's side does not constitute a fault.

Art. 2. Crossing the vertical plane under the net if the player touches neither the court nor an opposing player, is not considered as foul.

Art. 3. To penetrate into the opposite court after the whistle of the Referee is not a foul.

## Rule 21. Players of the Back Line

Art. 1. Back players cannot return the ball from the attack area into the opponent's court unless the ball is lower than the superior edge of the net; on the other hand, they can return the ball from their own area into the opponent's court by any means permitted, a back player smashing in his area can fall back on the attack line or out of it, under condition he has not crossed nor touched this line.

Art. 2. Back players cannot participate in the blocking.

Art. 3. If a back player is outside the court, but in the extension or the prolongation of the attack area, he is considered as being in this area, and it is not permitted to him to attack a ball over the superior edge of the net.

## Rule 22. Ball Out of the Game

Art. 1. *Ball touching the net outside markers:* touching the net outside the side markers is foul.

**Art 2 Ball 'Out'** The ball is 'Out' when it touches any surface objects or the ground outside the boundaries of the court. A ball touching a line is good.

**Art 3 Dead Ball** The game ends with the whistle of the Referee. The ball is then 'dead'.

### Rule 23 Point or Side Out

The team loses the service or its opponent wins point when

(a) Ball touching the ground

(b) A team has played the ball more than 3 times consecutively

(c) Holding or pushing the ball

(d) Ball touching a player under the belt

(e) Player touching the ball twice consecutively.

(f) At the moment of the service, the team has committed a fault of position

(g) A player has touched the net

(h) A player has crossed the centre line

(i) A player has touched the ball at the opponent over the net before one of the opposing players touches it

(j) A back player being in the attack area has returned incorrectly the ball into the opponent's court

(k) The ball has crossed the net outside the side markers, determining the width of the court. The ball, on a second or third touch crosses the net line outside the side line markers on the net. However if a first touch results in a ball which immediately recrosses the net line into the opponent's side of the court and in doing so passes outside the side line markers and if any player of the team making the play can without touching the opponent's court, save and play the ball back into his own court, the ball may then be played normally for the third touch provided that when the ball is returned from the opponent's side of the net during the save, it shall pass outside the side line markers on the net.

(l) Ball being out, ball passing under the net, ball touching an object outside the court ball returned by a player helping himself with a player of his team, specially as point of support. However, after having touched the ball, a player can touch the post without being considered as a fault.

(iii) A player has received a personal warning

(n) After first warning from the Referee, the team has received from its manager, coach or substitutes, deliberate coaching.

(o) A fault being committed by two opponents, the first one only will counted. If the faults have been committed simultaneously, the ball will be replayed.

(p) Reaching under the net, and touching the ball or any opposing player when the ball is in play on that side. Crossing the vertical plane under the net, if the player touches neither the court nor an opposing player, is not a foul

(q) Delaying the games in a persistent manner

(r) Illegal replacing of a player.

(s) A third time-out for rest requested after warning (of Rule 12, Art. 6-d )

(t) Prolongation of a time-out for rest for more than 30 seconds. Delayed Substitution (of Rule 5, Art 3-c).

(u) Leaving the court during a requested interruption of the game without the Referee's permission (except between the sets)

(v) Stamping the feet or making useless gestures to frighten the opponents.

(w) Blocking in an illegal manner.

Besides the cases enumerated above, the serving team loses its service in the following cases :

(a) If the service is not made at the reserved place.

(b) If the player touches or crosses the back line during the hit of the service.

(c) If the serving ball passes over the net with the help of a team-mate.

(d) If the order of rotation is not kept during the service.

(e) If the service is not made correctly.

(f) To place the arms, jump or form groups of two or several players for the purpose of forming a screen with which to mask the server's actions.

## Rule 24. Scoring and Results of the game.

Art. 1. A game is won when one team leads by two points with a minimum of 15 points.

When the score reaches 14, 14 it is necessary to play to reach one of the following scores, 16-14, 17-15, 18-16, 19-17, etc

Art 2 When a team receiving the ball cannot send it back over the net correctly into the opposite court, a point will be given to the opposite team

Art 3 *Forfeited game* A team refusing to play after having received instructions from the referee to do so, shall be declared to have forfeited the game except in the case in which a team has been made incomplete by reason of an injury.

(Score 15 0, for the set, 3 0 for the game)

### Rule 25 Decisions

Art 1 The decisions of officials are final

Art 2 Decisions concerning an interpretation of the rule must be called into question at once The Captain of the contesting team must be the only one to protest

Art 3 *Protest* When the explanation of the Referee to the protest of the Captain is not considered as satisfactory to the latter, and should be submitted to a higher authority, the Referee shall continue to direct the game and will make a report later on, on the protest concerned

NOTE These rules are valid for all countries affiliated to the I V B A until the next Congress

## TERMS OF ARBITRATION

### *Actions of Players*

### *Terms*

Hitting of the ball at serve	'Serve made'
Serve made before the Referee blows his whistle	'Not whistled'
Foot fault on service	'Back line'
Serve made from wrong position	'Out of position'
Serve touching the net	'Let'
Serve not batted over the net	'Net'
Service passing over the net outside the markers on the sides of the net	'Out of bounds'
Ball touching the ground outside the court	'Out'
Ball striking the ground	'Good'

Ball touching the ceiling or any other object	'Ceiling, or name of object'
While serving, the player has thrown or pushed the ball	'Thrown' (ball)
Out of position on serve	'Out of position'
Hitting of the ball more than 3 times	'4 or < hits'
The ball has been held or scooped	'Held (ball)'
Ball sent into the net or delayed by the player	'delaying'
The ball has touched a player under his waist	'Legs'
Ball touching a player 2 times, or rolling along a part of his body	'Double Contact'
Player touching the net when the ball is in play	'Net'
Part of the body of a player going behind the centre line to interfere with the opponents' playing of the ball or draw his attention	'Under the net'
Player touching or stepping over the centre line	'(Central) Line'
Player's fingers going over the net and touching the ball into the opponent's court	'Hand (over)'
Back player illegally spiking from the attack area	'Spiking area'
Player raised off the ground by another player or object when playing the ball	'Name of object for ex Wall'
Player on opposing sides committing a foul simultaneously	'Double foul'

### REFEREE'S HAND SIGNALS

#### *Player's Action*

Ball hit twice consecutively by the same player

#### *Referee's Hand*

Hold 2 fingers

Ball hit 4 times by the same team	Hold 4 fingers up
Double foul made by 2 players on opposite sides simultaneously	Hold both thumbs up
Time out*	Form a T with both hands
Sideline out of play	Place arms in horizontal position with forefingers pointing downwards to the serving team
Touching net	Touch the net
Foot fault on or over the centre line	Indicate by pointing to the centre line
Delaying the game or underhand the ball	Place both hands slowly upwards indicating lifting
Double hit	Raise several times both hands alternately (palms up)
Thrown ball	Slow movement from top to bottom of a forearm
Back player spiking from the attack area	Indicate by pointing to the player who made the foul and rapid movement from top to bottom of a forearm
Back player participating to the block	Point out to the player who made the foul and lift both arms up
Foot fault on service	Point out the back line
Players out of position during the serve or rotation foul	Describe a circle with hands and point out the faulty player

Ball passing over the net outside  
of the markers on the sides of  
the net

Substitution of players

Ball hit in the opponent's courts  
or bad blocking

End of a game

Point out to the net  
outside of the markers

Rotation of a hand  
around another

Place the hand over net

Cross hands

All signals by one hand are made by the one on the side  
of the team which commits the foul



Title of the Competitions

A J

B

Toss won by

Deciding set/toss won by

Place

Time and date

Service  
Side

Team A			Team B		
Nos	Chest No	NAME	Nos	Chest No	NAME
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		
11			11		
12			12		
Coach			Coach		

I — A — B —						I — A — B —							
Nos	Chan ges T M	SERVICES					Nos.	Chan ges T M	SERVICES				
Order of ervice		1	2	3	4	5	Order of service		1	2	3	4	5
1							1						
2							2						
3							3						
4							4						
5							5						
6							6						
T O R 1 2						T O R 1 2							

T O R I 2

T O R I 2

	A	B	<u>FINAL RESULT</u>	
1st set			Team	
2nd set			WINS THE MATCH	
3rd set				
4th set				
5th set			by	sets to
Total				
	NAMES		SIGNATURE	
Referee				
Umpire				
Scorer				
Captain A				
Captain B				

## INSTRUCTION FOR USING THE MATCH SHEET

Before the match, the scorer shall record the name and numbers of the players in the compartment below at the left. After the tossing of the coin, he writes on the board of the first set on the left side, name of the team being on the left first set on the left side, name of the team other team

When Coaches or Captains have given him the position of players of their team, the Scorer, records on the same boards in the column 'Number of players', the service order as follows

No 1 Right back player—No 2 Right front player—No 3 Centre front player—No 4 Left front player—No 5 Left back player—No 6 Back centre player—The player's numbers are recorded in the upper square of this column

When the referee whistles for the beginning of the match, the Scorer writes the exact hour of the beginning of the set 2nd, at the end of the set, the exact hour of its ending

In the compartment where are crossing No 1 vertical column, and No 1 horizontal column, he writes an 'X' for the receiving team, and an 'O' for the serving team

At the first service of every player, he writes in the No 1 vertical column, the number of points that this team has got until this time, (points of the opponent are not recorded) After the serve of the 6th player the vertical column is filled up and the 1st player serves for the second time, the Scorer writes then the results of this team in the No 2 vertical column in the same way as for the first column

All the points won in the current set by one of the two teams shall be crossed in the Scores column being at the right of each half board

If a substitute enters the game, the Scorer records his number in the column 'No of players', but in the square under the square where he had written the player's number whose place he takes. In the same time the Scorer writes in the square immediately at the right of the compartment where the substitute's number has been recorded, the result acquired by the two teams at the exact time of the substitution, the first figure representing the number of points obtained by the team making the substitution

If the player takes his place again, the Scorer must record

him in the same manner in the compartment being at the right of the one with his number

Before the beginning of the 2nd, 3rd and 4th set the same operations are made. However, the Scorer shall invert at every set the board used for each team, by reason of the change of side of court

For the 5th set, the disposition of the boards is different, the Scorer uses a double board. He records the position of players of each team for one part at the right on the board, and for another part, at the left, on the other board

Until the 8th point, the Scorer use the columns No 1 to 8, to record the results, then, taking in account the change of court, he reports on the second board the scores acquired at the time of the change and afterwards he acts for the other sets

The operation is similar for time out. It would be interesting for the Scorer to note all time out, both on the two boards, to avoid all omission at the time of the change of board

After the passing to the second board the square 'Server' not used being above the corresponding square to the Server at this time must be crossed with an oblique line

The match ended, the Scorer reprints, at the place reserved to this use, the results set by set, the final result and the total duration of the match

Then, he presents the document for the signature of the 2 Captains 2 Coaches and officials, Referee, Umpire and Scorer. All observations or incidents of the match, technical protests, interruptions of game, etc., shall be recorded by the Scorer.

The match sheet is written simultaneously with carbon paper in 4 copies, 1 for each team, 1 for the organizing Federation and 1 for the International Volleyball Association

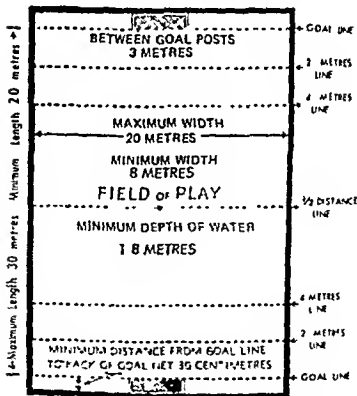
# RULES OF WATER POLO

## Rule 1. Organisation

1. The promoting Club or Organisation shall be responsible for correct measurements and markings of the field of play and must provide all stipulated fixtures and equipment

## 2. Field of play

### Diagram and Measurements



3 The uniform distance between the respective goal lines must not exceed 30 metres nor be less than 20 metres. The uniform width of the field of play must not exceed 20 metres nor be less than 8 metres. The depth of water must nowhere be less than 1 metre. For matches in Olympic, World Championship and International Tournaments the field of play shall be of full measurements as above, and the depth of water should nowhere be less than 1.8 metres. For other matches the field of play shall be as extensive as possible subject to the above measurements.

4 For matches played by women, the maximum measurements are 25 metres by 17 metres.

5 Distinctive marks must be provided on both sides of the field of play to denote the goal line, lines two metres and four metres from that line, and half distance between the goal lines.

These markings must be clearly visible throughout the game. As uniform colours the following are recommended for these markings: goal line and half distance line white, two metres from goal line red, four metres from goal line yellow.

A red or any other visible coloured sign shall be placed on the goal line, 2 metres from the corner of the field of play on the side of the goal judge.

The boundary of the field of play at both ends is 0.30 metres behind the goal line.

6 Sufficient space must be provided to enable the referee to have free way from end to end of the field of play. Space must also be provided at the goal lines for the goal judges.

### Rule 3 Goals

7 The goal posts and crossbar must be of wood, metal or synthetic (plastic), with rectangular sections of 0.075 metres, square with the goal line and painted white. The goal posts must be fixed, rigid and perpendicular at each end of the playing space, equal distances from the sides and at least 0.30 metres in front of the ends of the field of play or of any obstruction. Any standing or resting place for the goal keeper, other than the floor of the bath, is not permitted.

8 The inner side of the goal posts must be 3 metres apart.

9 The underside of the crossbar must be 0.90 metres above water surface when the water is 1.50 metres or more in

depth, and 2.40 metres from the bottom of the bath when the depth of the water is less than 1.50 metres.

10. Lamp nets must be attached to the goal fixtures to enclose the entire goal space, securely fastened to the goal posts and crossbar and allowing not less than 0.30 metres clear space behind the goal line everywhere within the goal area.

#### Rule 4. The Ball

11. The ball must be round and fully inflated and with an air chamber with a self closing valve.

12. The circumference must not be less than 0.68 metres nor more than 0.71 metres.

13. It must be waterproof without external strappings and without a covering of grease or similar substance.

14. The weight of the ball must be not less than 400 grammes nor more than 450 grammes.

#### Rule 5. Flags

15. The referee must be provided with a stick 70 cms long, fitted with a white flag on one end and a blue one on the other, each flag to be 35 cm x 20 cms.

16. Each goal judge must be provided with a red flag and a white one each measuring 35 x 20 cms mounted upon separate sticks which shall be 50 cms long.

One of the Secretaries must be provided with a white flag and a blue one to signal re entrance of excluded players, and the other with a red flag with which to signal third Personal Faults (Rule 19/122). These flags also shall be of the dimensions prescribed above.

#### Rule 6. Caps

17. One team must wear dark blue and the other white caps, except goal-keepers, who must wear red caps. Caps must be tied with tapes under the chin. If a player loses his cap it must be replaced at the next stoppage of the game.

18. Caps must be numbered on both sides, numbers being 0-10 metres in height.

19. The goal keeper shall wear cap No. 1 and the other caps shall be numbered 2 to 11. A substitute goal-keeper shall wear the goal-keeper's cap.

### Rule 7. Teams

20. Each team shall consist of seven players, one of whom must be the goal-keeper and wear the goal-keeper's cap, and four reserves, who may be used as substitutes. Prior to taking part in a match the players must discard all articles likely to cause injury. The referee shall satisfy himself that the players observe this condition. A player failing to comply must be dismissed from the game. Players must wear trunks with separate drawers or slips underneath.

**NOTE** When a player is dismissed from the game in accordance with this paragraph a reserve player may immediately take his place.

21. Players shall not be allowed to have grease, oil, or any similar composition on the body. If the referee ascertains before starting the game that such substance has been used he must order the offending substance to be removed immediately. Should this offence be detected after the game has started, the player concerned must be ordered from the water for the whole game, and a substitute may enter immediately at his own goal line at the point nearest the goal judge.

22. The captains must be playing members and be responsible for the good conduct and discipline of their respective teams.

23. Prior to the commencement of the game the captains must, in the presence of the referee, toss for choice of ends or colours. The winner to have the choice of ends or colours.

### Rule 8. Officials

24. The officials shall consist of 1 referee, timekeepers, secretaries and 2 goal judges with specified powers and duties as stated below. Each timekeeper and secretary may have assistants as needed.

### REFREE

25. The referee is in absolute control of the game. His authority over the players is effective during the whole of the time that he and they are within the precincts of the bath.

26. He must be provided with a shrill whistle with which to start and re-start the game and to declare goals, goal throws, corner throws (whether signalled by the goal judge or not) and infringements of the rules.

27. All decisions of the referee on questions of fact are



final and his interpretation of the Rules must be obeyed during the game

28 The referee may refrain from declaring a foul if, in his opinion, such declaration would be an advantage to the offender's team

**NOTE** It is important that the referee shall apply this principle to the full extent. Example to declare a foul in favour of a player who is in possession of the ball and making progress towards his opponents goal or whose team is in possession of the ball is considered to give an advantage to the offender's team

29 He may alter his decision providing he does so before the ball is again in play

30 He has power to order any player from the water in accordance with the appropriate Rules, and should a player refuse to leave the water when so ordered the game must be stopped

31 He may stop the game at any time if, in his opinion, the behaviour of the players or spectators or other circumstances prevent it being brought to a proper conclusion

32 If the game has to be stopped, the referee must report his actions to the competent authority

### TIME KEEPERS

33 The time keepers must be fully acquainted with the Rules of Water Polo and each must be provided with a water polo stop watch and a shrill whistle

34 The duties of the timekeepers shall be (a) to record on the watch the exact periods of actual play and the intervals between periods as provided by these Rules, (b) to record the respective periods of exclusion of any player or players who may be ordered from the water in accordance with Rule, (c) to record the periods of continuous possession of the ball by each team (Rule 16/93)

**NOTE** The timekeeper recording the 45 seconds shall reset the clock only when the ball is put into play. The last minute of any game and of any extra time shall be audibly announced

35 All signals to stop play must be by whistle. Play is resumed when the ball leaves the hand of the player taking a free throw, goal throw, corner throw or penalty throw or when the referee throws the ball in for a neutral throw

36 A time keeper must signal by whistle the end of each

period independently of the referee. His signal takes immediate effect with the exception stated in Rule 20/133

**NOTE** It is acceptable for the timekeeper to give this signal other than by whistle provided that his signal shall be distinctive acoustically efficient and readily understood

37 The time keepers must be near to the referee

### GOAL JUDGES

38 The goal judges must take up position opposite the referee and they must mutually agree upon ends. They must stand directly level with the goal line and stay there for the whole game

39 Their duties are to signal with the white flag for a goal throw (see Rule 13) with a red flag for a corner throw (see Rule 14) and with both flags for a goal (see Rule 12)

40 Goal judges shall be responsible to the referee for the correct score of each team at their respective ends

41 Goal judges should exhibit the red flag to indicate to the referee that players are correctly positioned on their respective goal lines according to Rule 11 but the referee's whistle to start or re-start the game takes immediate effect

### SECRETARIES

42 The duties of the Secretaries shall be

(a) to maintain a record of all players, the score, all Major Fouls (time colour, and cap number) and to signal the award of a third Personal Fault (Rule 19) to any player by a signal with a red flag immediately upon such award

(b) to control the periods of exclusion of players and to signal permission for re-entry upon expiration of their respective periods of exclusion by raising the flag corresponding with the colour of the player's cap

(c) to signal any improper entry which signal stops play immediately

### COMMENTS AND INTERPRETATIONS

**Rule 8 Officials** Revision of the Rules has necessitated an increase in the number of Officials required for the conduct of the game. While the requirement of one Referee and two Goal Judges and their respective duties remain unchanged, additional Timekeepers and Secretaries are necessary for the implementation of paragraphs 93 121 and 122

It is to be noted that, depending upon their degree of importance games can be controlled by teams of either 5, 6 or 7 officials as suggested below

(1) With one Referee two Goal Judges two Timekeepers Powers and duties of the Referee and Goal Judges remain unchanged Timekeeper No 1 shall record the exact periods of actual play and the intervals between periods He shall also record the respective periods of exclusion of any player or players who may be ordered from the water in accordance with Rule, and shall also perform the duties set out in paragraph 42 of the Rules

Timekeeper No 2 shall record the periods of continuous possession of the ball by each team as provided by paragraph 93 of the Rules

(2) With one Referee, two Goal Judges two Timekeepers and one Secretary Powers and duties of the Referee and Goal Judges remain unchanged

Timekeeper No 1 shall record the exact periods of actual play and the intervals between periods

Timekeeper No 2 shall record the periods of continuous possession of the ball by each team as provided by paragraph 93 of the Rules

The Secretary shall keep the records of the game and shall perform the duties set out in paragraph 42 of the Rules If not provided with a stop watch, he shall read the times from the stop watch of Timekeeper No 1

(3) With one Referee, two Goal Judges two Timekeepers, and two Secretaries Powers and duties of Referee and Goal Judges remain unchanged

Timekeeper No 1 shall record the exact periods of actual play and the interval between periods

Timekeeper No 2 shall record the periods of continuous possession of the ball by each team as provided by paragraph 93 of the Rules

Secretary No 1 shall keep the records of the game, and shall perform the duties set out in paragraph 42(a) of the Rules

Secretary No 2 shall perform the duties set out in paragraph 42(b) of the Rules

Experience, gained in practice has proved that with careful organisation and competent officials, a team of five officials is



capable of conducting a game properly, and free from disturbance

To facilitate proper conduct of the game, consideration is invited of the specimen Record Form as provided herewith. This suggested form has proved to be adequate upon the basis of many practical tests

Column 1 is for caps as numbered 1 to 11, a circle being drawn round the captain's cap number in each case.

Column 2 shows the names of the players in an order corresponding to the numbering of their respective caps

Column 3 shows by marking 'λ' the players starting the game, while taking part in subsequent stages are marked X. In this manner it is easily seen which of the players announced beforehand have actually taken part in the game

Column 4 records fouls, exclusions, and penalty throws. The method of recording is shown on the form. For example, Blue Player No. 2 committed a Major Foul at expiration of 3 min. 30 secs. from start of first period. Add one minute for exclusion and record the Foul as 4 30. This makes it easier to remember and control re entry. Then in the 2nd minute and 25th second of period 2, the same player committed a foul for which a Penalty Throw was awarded. He is not excluded, so enter 2 25 and add a 4 in a circle to show the penalty throw. Finally the same player committed his third Personal Fault at 2 min. 45 secs. of the 3rd period, and was excluded for the remainder of the game, a substitute being permissible after one minute actual play, that is, at 3 45, which is the time recorded on the form.

Column 5 records the goals scored by the various players. For example, we see that Blue Player No. 6 scored a goal in course of play at 2 min. 28 secs. of the 2nd period, and scored from a Penalty Throw of 1 min. 15 secs. of the 3rd period—the fact that it was a Penalty Throw being shown by the 4 in the circle.

Column 6 shows the goals scored in each of the four periods by each player.

Column 7 shows the total number of goals scored by each player, and by each team as a whole.

#### Rule 9—Time

43. The duration of the game shall be four periods of five minutes each actual play. The teams shall change ends before

commencing a new period. There shall be two minutes interval between periods. Time shall count from the referee's starting signal. At all signals for stoppages the recording watch must be stopped until play is resumed.

#### Rule 10—Goal-keepers

44 While within the four metre area the goal-keeper is exempt from the following clauses of Rule 16 viz

standing and walking,

striking at the ball with clenched fist,

jumping from the floor,

touching the ball with both hands at the same time

45 He must not go or touch the ball beyond the half distance line. The penalty for his doing so is a free throw to the nearest opponent to be taken from where the offence occurred.

46 He must not throw the ball beyond the half distance line. The penalty for his doing so is a free throw to the nearest opponent to be taken from where the ball crossed the line.

47 Ruling. Throwing includes the ball bouncing off, or being punched by, the goal keeper.

48 When a goal keeper is penalised for holding or pushing off from the bar, rail or trough at the end of the both, the free throw must be taken from the two metre line opposite the point at which the foul occurred.

49 If a goal keeper taking a free throw or goal throw releases the ball and before any other player has touched it regains possession and allows it to pass through his own goal, a corner throw must be awarded. If in the same circumstances, he releases the ball and after another player has touched it regains possession and allows it to pass through his own goal, a goal must be awarded.

50 'Should a goalkeeper retire from a game through accident, illness or injury, Rule 22/140 shall apply.'

51 If, when a goal throw is awarded, the goal-keeper is out of the water, the nearest defending player must take the throw. In this case, for the purpose of the throw, the limitations and privileges of a goal keeper will apply. In any other circumstances a player defending the goal shall not be subject to a goal keeper's limitations and privileges. See Rulings 14/71 and 20/130.

52 A goal keeper who has been replaced by a substitute may, if he returns to the game, play anywhere

### Rule 11—Starting

53 At the commencement of each period of play, the players must take up positions on their respective goal lines about one metre apart and at least one metre from either goal post. More than two players are not allowed between the goal posts. When he has ascertained that the teams are ready, the referee shall give the starting signal by a blast on his whistle and immediately afterwards release or throw the ball into the centre of the field of play

### AFTER A GOAL

54 After a goal has been scored, players must take up positions anywhere within their respective halves of the field of play, behind the half distance line, when a player of the team not having last scored shall re-start the game from the centre of the field of play. Upon the referee signalling by one blast of the whistle, the ball must be put into play, promptly, by passing it to another player of his team who must be behind the half distance line when he receives it

55 Ruling Actual play is resumed when the ball leaves the hand of the player making the re-start

56 A re-start made improperly must be re-taken

57 Ruling, When the start or re-start is from the goal line no portion of a player's body, at water level, may be beyond the goal line and when the re-start is from the centre, no part of a player's body may be beyond the half distance line

### Rule 12—Scoring

58 A goal is scored by the ball passing fully over the goal line, between the goal posts and subject to the following conditions

59 A goal may be scored by any part of the body, except the clenched fist, provided that at the start or, re-start of the game the ball has been played by two or more players. The team to which they belong or the place in the field of play from where the goal is scored is immaterial. Played means handled with the palm side of the hand

60 Any attempt by the goal keeper to stop the ball before it has been played in this way does not constitute "playing" and

should the ball cross the goal-line or hit the goal-post or goal-keeper, the goal keeper must be awarded a goal-throw.

61. Dribbling the ball through the goal posts is permissible.

62. Should a foul occur before the foregoing conditions have been complied with Rules 16, 17, 18, 19, 20 and 21 operate.

### Rule 13—Goal Throw

63. The referee must signal by whistle immediately the ball crosses the goal line

64. When the entire ball passes over the goal line, excluding that portion between the goal-posts, having last been touched by one of the attacking team, a goal throw is awarded to the defending goal keeper, to be taken from between the goal-posts and from the goal line. See also Rules 16/94 and 17/107

65. A goal throw taken improperly must be re-taken.

66. Ruling In the event of a goal-keeper being out of the water, another player must take the throw from the goal line, when the limitations and privileges of a goal-keeper will apply.

### Rule 14—Corner Throw

67. The referee must signal by whistle immediately the ball crosses the goal-line.

68. When the entire ball passes over the goal-line, excluding that portion between the goal posts, having last been touched by one of the defending team, a corner throw is awarded to the opposing team's player nearest the two metres mark on the side where the ball goes out.

69. The throw is taken from the two metres mark.

70. When a corner throw is taken, no player (except the defending goal-keeper) may be within the two metres line.

71. Ruling Should a defending goal keeper be out of the water when a corner throw is awarded, another player of his team may take up a position on the goal line, but without the limitations and privileges of a goal keeper.

72. If a goal-keeper, taking a free throw or goal throw, releases the ball and before any other player has touched it, regains possession and allows it to pass through his own goal, a corner throw must be awarded



73. A corner throw taken improperly must be re-taken.

74. Ruling: If a corner throw is taken before the players have left the two metres area, the throw must be re-taken.

75. If a player taking a free throw passes the ball towards his own goal-keeper and before any other player has touched it, the ball crosses the goal-line or enters the net, a corner throw must be awarded. An attempt by the goal-keeper to stop the ball is not regarded as "touching" for the purposes of this rule.

#### Rule 15—Neutral Throw

76. Should the game be stopped through illness or accident or other unforeseen reason, or when one or more players of each team commit a foul at the same moment which makes it impossible for the referee to distinguish which player offended first, he must take the ball and throw it into the water as near as possible to the place where the incident took place, in such a manner that the players of both teams have an equal opportunity to reach the ball after it has touched the water.

Clauses 105, 106 and 107 must be applied

77. Ruling: If from a neutral throw the referee is of the opinion that the ball has fallen in a position to the advantage of one team, he must take the throw again.

#### Rule 16—Ordinary Fouls

78. It is a foul (For goal-keeper's exceptions see Rule 10)

79. To advance beyond the goal line at the start or restart of the game, before the referee has given the signal.

80. To assist a player at the start or re-start or during a game.

81. To hold on to, or push off from, the goal posts or their fixtures. To hold on to the rails, except at start or re-start. To hold on to, or push off from, the sides or ends during actual play.

82. To take any active part in the game when standing on the floor of the bath; to walk when play is in progress.

83. To take or hold the ball under water when tackled.

#### COMMENT

(a) Para. 83 of the Rules—ordinary foul "ball under". It is essential to interpret this paragraph correctly, since to take the ball under the water is not in every case an infringement of

the Rule. For instance, it is not an infringement if the goalkeeper emerges high out of water to save a shot, and then, when falling back, he pushes the ball under water for a split second. But if, when challenged by an opponent, he continues to keep the ball under the water he commits an infringement of the Rule. Note also that the player in possession of the ball infringes the Rule if his hand holding the ball is pushed by an opponent under the water together with the ball (see figure 1). It makes no difference that the ball goes under water against his will. What is essential is that it was he who possessed the ball at the moment when it was taken under the water. The offence is to take or hold the ball under water when tackled.



Figure 1

- 84. To strike at the ball with clenched fist.
- 85. To splash in the face of an opponent.

#### COMMENT

(b) Para. 85—ordinary foul "splashing". Splashing in the face of an opponent as a matter of tactics occurs too frequently in games. In general, Referees tend to whistle only if the offence takes place with an obvious moment when the players are facing each other (see figure 2). This is a simple case that is easy to judge. However, it often happens that, while swimming, the challenger deliberately produces a water curtain with his arm, as though it stumbled upon the surface, in an attempt to block the view of the player in possession of the ball who is about to shoot at goal or make a pass. In such a case

Referee should always concentrate on whether or not the splashing hampers the player who is subjected to it rather than judging whether the splashing was deliberate or not



Figure 2

86 To touch the ball before it reaches the water when thrown in by the referee

87 To jump from the floor of the bath to play the ball or tackle an opponent

88 Deliberately to impede or prevent the free movement of an opponent unless he is holding the ball Swimming on the shoulders, back or legs of an opponent constitutes impeding

Holding is lifting, carrying or touching the ball Dribbling the ball is not considered to be "holding"

#### COMMENT

(c) Para 88—ordinary foul—"impeding" This is the Rule most often infringed during a game A player can be impeded in a number of ways The first step in considering any impeding of a player—whether it is more or less serious—is to decide whether the player challenged was or was not holding the ball It is clear that a player is holding the ball if he holds it raised above the water (figure 3) or swims with it held in his hand or makes contact with the ball lying on the surface of the water (figure 4) But swimming with the ball (dribbling) as in figure 5, is not considered to be holding A player swimming with the ball (dribbling—figure 5) is most often impeded by an

opponent swimming across his legs (figure 6) thus reducing the pace at which he moves. But it must be remembered that the foul of impeding can also be committed by the player who is in possession of the ball, and this offence occurs too frequently in practice—as for instance, when a player keeping one hand on the ball tries to force his opponent away from himself to obtain space for his own play (see figure 7). Or a player in possession of the ball may push his opponent backwards with his head (figure 8) and this of course is impeding. Also a player may commit the offence of impeding even if he is not holding the ball; that is, if he is not touching it as it floats yet he impedes his opponent by blocking his way with his body, or with his



Figure 2



Figure 4



Figure 8



figure 6



figure 7



Figure 8



Figure 9

arms flung open (see figure 9) thereby making access to the ball impossible. This offence, which is most often committed near the boundaries of the field of play, is sometimes termed blocking.

89 To touch the ball with both hands at the same time

90 To push or push off from an opponent

### COMMENT

(d) Para 90—ordinary foul—'pushing' or 'pushing off'. The foul of pushing an opponent is most often committed by defenders, and that of pushing off from an opponent most usually by attackers. It is important to distinguish whether the pushing or pushing off is performed with the hand (as in figure 10) or with the foot (as in figure 11) because the punishment in the first case (figure 10) is a free throw, while in the second case (figure 11) this is a major foul—see paragraph 112 of the Rules.

While the relative illustration (figure 11) does appear to show a major foul within the meaning of 18/112, which might even amount to brutality in the terms of 18/116 it is important for Referees to distinguish between the conduct as illustrated and a mere pushing off with the foot in the terms of 16/90.



Figure 10



Figure 11

91. To be within two metres of the opponents' goal line or to remain there except when behind the line of the ball

**Ruling**

It is not an offence if the player taking the ball into the 2 metre area passes the ball to his associate who is behind the line of the ball and who shoots at goal immediately before the first player can leave the 2 metre area

92. To waste time.

**Ruling**

(1) For a team even with fewer players than their opponents

to retain possession of the ball for more than 45 seconds without shooting at their opponents' goal is deemed to be wasting time and a free throw shall be awarded against the player first having touched the ball before this foul is signalled

(ii) Should a team shoot at goal as above and regain possession upon the ball rebounding or being in any other manner kept in play the measurement of 45 seconds shall immediately recommence from zero

(iii) Time recommences from zero when the ball comes into the possession of the opposing team, or immediately the ball is put into play after a "major foul"

**Ruling** The ball does not leave the possession of the holding team merely by being touched in flight by an opponent player, provided that it is not deflected into the possession of the opponent team

(iv) if at expiration of the 45 seconds the ball is in flight and crosses the goal line in accordance with Rule 12 13 or 14, or becomes out of play as provided by Rule 21 or if a neutral throw is to be taken, the resultant goal, goal throw, corner throw, free throw or neutral throw shall not be allowed, and the foul of wasting time shall be punished

(v) at expiration of the 45 seconds the free throw shall be taken by the opposing player nearest the point at which the game is stopped and undue delay by any member of the penalised team shall be punished as a "Major Foul"

(vi) it is always permissible for the Referee to penalise a foul under 16/92 before the period of 45 seconds has expired

94 For the goal keeper to throw the ball over the half distance line or to go or touch the ball outside his own half of the field of play

95 To take a penalty throw otherwise than in the prescribed manner

96 To delay unduly when taking a free throw

97 **Ruling** The time allowed for a player to take a free throw is left to the discretion of the referee. It must be reasonable and without undue delay but does not have to be immediate

98 Except as provided by Rule 10 48 or 17/160 the punishment for an ordinary foul shall be a free throw to the opposing



team to be taken by their player nearest to the point at which the foul occurred

### Rule 17 Free Throws

99 The referee must blow his whistle to declare fouls and exhibit the flag corresponding in colour to the caps worn by the team to which the free throw is awarded

100 A free throw awarded for an ordinary foul committed within the two metres area must be taken from the two metres line opposite the point at which the foul occurred With this exception, free throws are to be taken from the point at which the foul occurred

101. Ruling The responsibility for returning the ball to the player who is to take the free throw is primarily that of the side to which the free throw is awarded The opponents have no duty to do this but no player may deliberately throw the ball away to prevent the normal progress of the game See also Rule 18/118

102 Ruling A goal keeper awarded a free throw must take the throw himself and the throw is subject to the limitations and privileges of a goal keeper.

103 The throw must be made to enable other players to observe the ball leaving the hand of the thrower It is permitted to dribble the ball before passing to another player.

### COMMENT

(c) Paras 96 and 103—Free Throw Paragraphs 96 and 103 are about the Free Throw, and each one supplements the other There should be no delay (para 96) and the throw must be made to enable other players to observe the ball leaving the hand of the thrower (para 103) Players often make the mistake of delaying their throw because they overlook the provision of paragraph 103 which permits the thrower to dribble the ball before passing to another player The throw can thus be made immediately even if the thrower cannot at the moment find a colleague to whom he might pass the ball On such an occasion he is allowed to make the throw either by dropping it on the surface of the water from his hand lifted overhead (figure 12), or by throwing it into the air (figure 13), and he can then continue dribbling the ball But in each case the throw must be taken so that other players are able to observe it



Figure 12



Figure 13

104 As soon as the ball leaves the hand of a player taking a free throw it is in play. In the meantime all players are allowed to change position.

105 Except as provided by Rule 10/49 in all cases of a free throw, corner throw or neutral throw at least two players (excluding the defending goal keeper) must play or touch the ball before a goal can be scored.

106 Ruling To touch the ball means to touch intentionally.

107 Except as provided by Rule 10/49 an attempt by the goalkeeper to stop the ball from an attacking player, before it has been touched or played by a second player is not regarded as touching and should the ball cross the goal line or hit the goal posts or the goal keeper the goal keeper must be awarded a goal throw.

108 If before a free throw, corner throw, goal throw, neutral throw, or penalty throw is taken, an offence against Rule 16/85 16/88 16/90 or Rule 18 is committed the offender shall be ordered from the water for a period of one minute actual play, or until a goal has been scored whichever period is the shorter and the original throw maintained. If the player taking the throw commits the offence he must be ordered from the water as above and another of his team shall take the original throw.

**Rule 109** In the special circumstances described in this paragraph, an offense against rule 16/85, 16/88, or 16/90 shall be deemed to be a major foul

109 A free throw taken improperly must be re-taken

### Rule 18 Major Fouls

110 It is a Major Foul for a player

111 To hold, sink or pull back on opponent not holding the ball

### COMMENT

(f) Para 111—to 'hold', 'sink', or 'pull back'. This paragraph is one of the corner stones of Water Polo, and has remained unaltered for many years. The fact whether it is interpreted correctly or incorrectly is of paramount importance both as to the external picture of the game, and to the arriving at a correct and fair result. In recent years the majority of complaints lodged against Referees at major international tournaments have related to arbitrary interpretation of this paragraph. Yet the wording is clear, and can be interpreted in only one way. To hold (figure 14) sink (figure 15), or pull back (figure 16) an opponent who is not holding the ball is a Major foul for which a Free Throw is awarded and the player at fault is excluded for a period of one minute actual play or until a goal has been scored. If any of these offences is com-



Figure 14



Figure 15



Figure 16

mitted within the four metres area the penalty to be awarded must be a Penalty Throw (see also paragraph 124). If in such a case the Referee orders the offender from the water instead of awarding the Penalty Throw, he commits an even more serious error than if he did not whistle at all. For although he has seen the foul, and considered it a grave one, he has arbitrarily awarded a minor punishment instead of the Penalty required by the Rules. It is of course necessary that the Referee himself shall abide by the Rules and arbitrary interpretations

are forbidden with regard to any paragraph, and above all with regard to paragraph 111, which on the one hand makes possible an attacking game, and on the other hand specifies the normal frame work for the defensive game, and also aims at setting limits to rough play.

**NOTE** This rule is of great importance and the committee calls the attention of all referees to the necessity of its correct enforcement.

**112** To kick or strike an opponent or make disproportionate movements with that intent.

### COMMENT

(g) **Para 112**—to “kick” or “strike” The fouls described in this paragraph may be seen in a number of variations during a game. A player in possession of the ball can commit the foul of kicking or striking an opponent or the same fouls may be committed against him by a challenger. For this reason the fact of kicking or striking is the decisive element, not the fact of possession of the ball and this must be regarded as an offence even if it consists only of disproportionate movements with intent to kick or strike. It is generally believed that it is easier for a Referee to see striking which takes place above the water surface than to notice kicking since the legs are under the water. But this is not quite true. Both striking and kicking can be well observed if the Referee follows the game properly. There are, however, some serious fouls that may be committed ‘under cover’, and these are more difficult to see. One of the most serious of such acts of brutality is elbowing backwards (figure 17) which often inflicts serious injury. It is similarly a grave and major foul if a player heads into the face of an opponent who is closely behind him by swimming back his head deliberately. If striking with the elbow or head results in a serious injury the player at fault must be punished by exclusion from the remainder of the game, and he must not be substituted (para 116).



Figure 17

113. To commit any foul within the four metres area, but for which a goal would probably have resulted.

**NOTE** In addition to other offences it is a Major Foul within the meaning of this paragraph to pull down the goal, or to play the ball with clenched fist or with both hands in the four metres area with the object of preventing a goal from being scored. A penalty throw must be awarded.

### COMMENT

(h) Para. 113 This paragraph refers to all those special cases in which an almost certain goal is prevented through fouls which are not described as personal. There can be three kinds of such fouls. They are as follows: (i) if any player, including the goalkeeper, pulls down, or pushes away the goal (figure 18), (ii) if any player, except the goalkeeper, plays the ball with both hands (figure 19) or with the clenched fist (figure 20). All these



Figure 18



Figure 19

within the four metres area with the object of preventing a goal from being scored. The above fouls, otherwise simple, become in fact major when their object is to prevent a goal being scored and in such cases a Penalty Throw must be awarded.

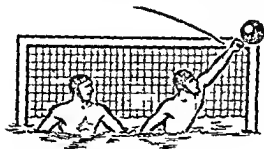


Figure 20

114 To persist in any ordinary foul

**NOTE** This refers to the same player having persisted

**Ruling** If a player commits three or more fouls successively against the same opponent this is to be considered persistence

115 To refuse obedience to, or show disrespect for, the referee. The offender shall be excluded from the remainder of the game and a substitute may enter the game at his own goal line at the point nearest the goal judge after expiration of one minute actual play or when a goal has been scored whichever period is the shorter

116 To commit an act of brutality. A free throw **MUST** be awarded to the opponent team and the offending player **MUST** be excluded from the remainder of the game and **MUST NOT BE SUBSTITUTED**

**NOTE** Brutality includes deliberately striking or kicking

117 To be guilty of misconduct. Misconduct is violence, the use of foul language, persistent foul play, etc

118 To interfere with the taking of a free throw, goal throw, corner throw or penalty throw

**NOTE** Interference includes:

(i) Deliberately to throw away the ball to prevent the normal progress of the game

(ii) Any attempt to play the ball before it leaves the hand of the thrower

### COMMENT

**Para 118** The offence specified in this paragraph is generally committed either by interfering with the taking of a Free Throw, or less frequently a Penalty Throw. Interference with a Free Throw may take place indirectly when the ball is hampered or delayed from reaching the player who is to take the throw, or it may be in a direct manner when the execution of the throw is interfered with either by blocking the direction of the throw (figure 21) or by disturbing the actual movement of the thrower (figure 22). The most frequent method of interfering

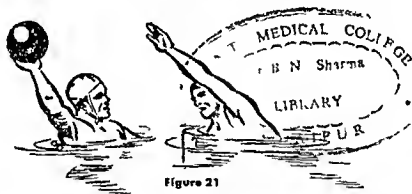


Figure 21



Figure 22



with a Penalty Throw is to aim a kick at the player at the moment he is executing the throw. That is why it is essential to insist upon strict observance of paragraph 127.

119 For an excluded player to re-enter or a substitute to enter the water improperly

NOTES (1) Improper entry is to enter or re-enter

(a) without permission of the Secretary,

(b) by jumping or pushing off from the side or wall of the bath or field of play

(c) from any place other than prescribed by Rule 121 a

(2) When this offence occurs during the last minute of the final quarter of any game or during the last minute of any of the two periods of extra time (Rule 23) the offender shall be excluded for the remainder of the game without substitution and a Penalty Throw shall be awarded to the opponent team

"Ruling Entry at any time of illegal players shall cause such players to be excluded from the remainder of the game, and one Penalty throw shall be awarded to the opposing team"

### COMMENT

It is permissible in the case of accident or injury, and after a goal has been scored, for a substitute to enter from any point outside the field of play, to take up position as prescribed in paragraph 54 or 143 as the case may be

120 Except as otherwise expressly provided in this Rule or Rule 20 the punishment for a Major Foul is

121. The offending player **MUST** be ordered from the water for a period of one minute actual play or until a goal has been scored whichever period is the shorter and a free throw to be taken by a player of the opponent team after the excluded player has speedily and by the shortest possible route left the water

NOTES. (a) After expiration of one minute actual play the excluded player himself must re-enter within 2 metres from the corner of the field of play on the side of the goal judge under his goal line and without affecting the alignment of the goals

(b) In case of simultaneous fouls by members of both teams the offending players shall be excluded as above and a neutral throw be taken

(c) if a player is excluded and there are not three personal fouls recorded against him and at the end of his exclusion period a substitute player enters in his place this is deemed to be an offence against Rule 18/115

## Rule 19 Personal Faults

122 A player committing a Major Foul anywhere in the field of play shall be awarded a Personal Fault, and upon being awarded a third such Personal Fault in any one game he shall be excluded from the remainder of the game and a substitute may enter at his own goal line at the point nearest to the goal judge after expiration of one minute actual play or after a goal has been scored, whichever period is the shorter See Rule 20/124

If such third Personal Fault results from a foul requiring the award of a Penalty Throw, the entry of the substitute shall be immediate and before the Penalty Throw is taken

## Rule 20—Penalty Throw

123 Should a player be fouled within his opponent's four metre area according to Rule 18/111, 18/112 or 18/116 or commit a foul according to rule 18/113 or 18/119(2), a Penalty Throw MUST be awarded against the offender's team The referee must announce the offender's number to the secretary

124 When a Penalty throw is awarded the offending player shall be ordered from the water only if the offence is so serious as to justify ordering from the water for the remainder of the game (Rule 18/116 and 18/119(2))

125 A penalty throw may be executed by any player of the team to which it is awarded, except the goal-keeper, and the player taking the throw may elect to do so from any point on his opponent's four metre line

126 The player taking the throw must await the signal of the Referee which shall be given by whistle and by simultaneously lowering the respective flag from a vertical to a horizontal position The player must have possession of the ball and immediately throw it with an uninterrupted movement directly at the goal (see Rule 16/195) Should the ball rebound from the goal posts or cross bar it remains in play and it is not necessary for the ball to be played by any other player before a goal can be scored

continuity of the movement shall not be broken before the ball leaves the throwers hand

### COMMENT

(K) Para 126 Penalty Throw Specification of the signal of the Referee has made easier the proper execution of the Penalty Throw. The lowering of the respective flag to precede the signal by whistle makes it possible under any conditions even amidst noise by spectators, to execute the throw accordance with the Rule

As the flag is lifted the player taking the throw will concentrate, for he knows that the signal by whistle will follow immediately. On signal, he must immediately throw the ball with an uninterrupted movement directly at the goal. Since the text of the Rule does not provide instructions as to the point from which this uninterrupted movement starts it is correct to make it clear that the movement of throwing can begin by lifting the ball from the water (figure 23) or with the ball held in the raised hand (figure 24). Further, since the Rules nowhere state that the thrower should face the goal—there is only the instruction as to place in para 125—the Penalty Throw can be carried out by adopting a half screw or a full screw with the thrower positioned with his back to the goal. The specification, however, that the ball must be thrown immediately on signal, and that the continuity of movement must not be broken before the ball leaves the thrower's hand is valid for every kind of penalty throw



Figure 23



Figure 24

In cases where the Referee's signal awarding a Penalty is simultaneous with the Timekeeper's signal for expiration of 45 seconds continuous possession (Rule 16/93) the Referee's signal should prevail and the Penalty Throw be taken. The Timekeeper's watch returns to zero in accordance with Rule 16/93 (111)

127. All players except the defending goal-keeper, or the other player according to Ruling 20/130, must leave the four metres area until the throw is taken and no player may be within two metres of the player taking the penalty throw.

128. The goal-keeper must take up a position anywhere on the goal-line and the referee will withhold the signal to throw until satisfied on this point.

129. Ruling. No portion of the goal-keeper's body, at water level, may be beyond the goal-line.

130. Ruling: Should the defending goal-keeper be ordered from the water before or after the award of a Penalty Throw another player of his team may take a position on the goal line before the throw is taken, but without the privileges and limitations of a goal-keeper.

131. A player must take a penalty Throw as described. The penalty for not complying shall be a free throw to the player's nearest opponent.

132. If the taking of a Penalty Throw is interfered with or Rules 20/127 and 20/128 are not complied with the offender or

offenders must be punished in accordance with Rule 18/115 and the throw must be re taken

133 If, at precisely the same time as the referee awards a penalty throw or before a penalty throw is completed, the time-keeper whistles for an interval, or full time the shot at goal must be allowed and, should the ball rebound into the field of play from the goal post, cross bar or goal keeper, it is dead

NOTE —When a penalty throw is to be taken in accordance with this paragraph all players except the defending goal keeper and the player taking the penalty throw shall leave the water

### Rule 21—Out of Play

134 Should a player send the ball out of the field of play at either side, a free throw is awarded to the player of the opposing team nearest the place where the ball left the field of play, and the free throw must be taken from that place

135 Should the ball strike or lodge in an overhead obstruction it must be considered out of play, and the referee must stop the game and throw the ball into the water under the obstruction. In that case the ball may not be played until it has touched the water. Should the ball rebound from the goal posts or cross bar or from the side of the field of play at water level, it remains in play except as provided by Rules 12/60 and 17/107. If the ball rebounds from the side of the field of play above water level it is considered to be out of play

### Rule 22—Leaving the Water

136 A player must not leave the water or sit or stand on the steps or side of the bath during a game except

- (a) During an Interval,
- (b) In case of illness or accident, or
- (c) By permission of the referee

137 A player infringing this rule must be deemed guilty of misconduct. A player having left the water legitimately may re-enter at his own goal line at the point nearest the goal judge by permission of the Referee

138 In the case of accident or illness, the referee may, at his discretion, suspend the game for not more than three minutes

139 When a player has cramp he must leave the water as quickly as possible and the game must proceed as soon as the player is out of the water. A substitute is not allowed

## SUBSTITUTES

140 In the event of a player retiring from the game through accident or injury the Referee may permit his immediate substitution by a reserve. The referee shall refuse such permission only if he considers the request unjustified. The player so retiring shall not be allowed at any time to re-enter the game. Otherwise a player may be substituted only

(a) In accordance with provisions of Rules 7/20, 7/21, 18/115 or 19/122

(b) During the interval between periods of play

(c) After a goal has been scored

(d) Prior to the commencement of extra time

NOTE—During extra time the provisions of (a) (b) and (c) above shall apply

141 A substitute shall not be allowed for a player who has been ordered from the water according to Rule 18/116, and 18/119 (2)

142 A substitute must be ready to replace a player without delay, if he is not ready the referee may re-start the game without him, in which case he may not take part in the match until the next stoppage

143 Ruling In case of accident, illness or injury a substitute takes his position in the water where the accident occurred and will take the free throw or corner throw which may have been awarded the injured player, but should there be no substitute another player shall take the throw

144 The captain, coach or team manager must notify the referee of substitutions

### Rule 23 -Extra Time

145 Should there be level scores at full time (Rule 9) in any game for which a definite result is required, any continuation into extra time must be after an interval of five minutes. There shall then be played two periods of three minutes each actual play with an interval of one minute for changing ends

146 This system of extra time shall be continued until a decision has been reached

147 A player who has been ordered from the water by the referee—but not for the rest of the game—shall resume with his team for extra time only when his penalty time has expired or a goal has been scored

## WEIGHT-LIFTING

### DEFINITION OF MOVEMENTS RECOGNISED BY THE F.I.H.

*(New Regulations Governing the Two Hands Clean  
and Press)*

**1st Phase—Shouldering** The bar being placed horizontally in front of the weight lifter's feet it is seized hands flat and brought to the shoulders in one lift, either bending the body or flexing the legs the bar must then rest either on the clavicles, the chest or the fully bent arms, while the feet are held together or apart but at the same level and the legs straight.

To await in this position, standing, the referee's signal.

**Note.** Athletes unable to place the bar on their chests must advise the three referees of this prior to commencing in which case it must be placed at the height of the sternoclavicular articulation.

**2nd Phase—The Lifting Itself** Upon the signal of the referee, raise the bar to complete simultaneous extension of the arms, smoothly, without stopping, without bending the legs, without leaning back exaggeratedly, without moving or shifting the feet. Remain in the final position, immobile, until receiving the referee's signal to lower the bar to the mat.

**Incorrect Movements** 1 **Shouldering in Jerks** In this case the referee must not give the signal to lift, but must signal the bar to be lowered to the mat.

2 **Starting before referee's signal**

3 **Knee bending**, however slight, when beginning the lift from the shoulders or at any time during the lift.

4 **Flexing the torso after the referee's signal**

5. **Flexing the torso by bending or extension**

6 **Leaning back excessively under the bar**

7 **Alternative extension of the arms**

8 **Hesitation during arm extension**

9 **Incomplete arm extension**

10 **Rotation of the trunks**

11. Shifting the feet.
12. Raising the toes or the heels.
13. Lowering the bar before the referee's signal.

NOTE: The alteration to the regulations for the two hands clean and jerk, as to the spacing between feet, may be also applied to the snatch and clean and jerk.

**Two Hands Snatch.** The bar shall be placed horizontally in front of the lifter's legs.

He shall grip it with both hands and pull it in one movement from the ground vertically above the head to the full extent of the arms while either splitting or bending the legs.

The bar shall pass with a continuous non-stop movement along the body of which no part other than the feet shall touch or graze the ground during the execution of the movement.

The weight lifted must be held for two seconds in the final position of immobility, with the arms and legs extended, the feet on the same line with a maximum separation of 40 centimetres.

The distance between the hands is optional, but they must not, in any case, move along the bar during the execution of the movement.

**Important Remarks.** In this lift, of which the fundamental principle is to allow only one single movement, no delay shall be permitted in the extension of the arms or legs after turning over the wrists, which must not occur before the bar has clearly passed the top of the lifter's head.

**Two Hands Clean and Jerk.** The bar shall be placed horizontally in front of the lifter's legs.

He shall grip it with both hands and pull it up in a single, clean movement from the ground to the shoulders, while either "splitting" or bending the legs.

The bar must not touch the chest before reaching the final position; it shall then rest on the chest or on the arms fully bent.

The feet shall be returned to their original position, that is to say, on the same line. Then bend the legs and extend them quickly, as well as the arms, so as to bring the bar to the full stretch of the vertically extended arms.

The weight shall be held for two seconds in the final position.



tion of immobility, the feet being on the same line with a maximum separation of 40 centimetres

It is forbidden to repeat the jerk

**Incorrect Movements** Leaning with a knee on the ground or any 'clean' in which the bar touches a part of the body before its final arrival at the shoulders

In all cleans, snatches or jerks the action of the legs in splitting or bending shall be optional and without restriction

The lifter may return his legs to the correct position in his own time. The technique known as 'hooking' is permitted (This consists in the one or two handed movement, of covering the last joint of the thumb with the other fingers of the same hand at the movement of gripping)

Cleaning from the 'hang' is never permitted

In all movements, whether one or two handed, etc., the referee shall count as an attempt any lift not completed in which strain has visibly been exerted and in particular those in which the bar has been raised to the height of the knees

**Rules Governing Records and Refereeing** The only records recognised will be those which have been adjudicated by three official Referees of a Federation affiliated to the F.I.I.C. refereeing will be the same as in International contests (three or two white lamps=good, three or two red lamps=attempt (three or two affirmative decisions of the referees if an attempt on the record is made in a place where the light system is not in operation))

The good faith and competence of referees of all nationalities is accepted without question and recognition of a world record may be made by the referees of the same nationality.

Conditions to be fulfilled for the registering of a record are the following

Before making out their report the three Referees must weigh the bar and lifter as soon as the performance has been completed the lifter not being allowed to leave the platform. If the record is beaten during a public performance the following shall be present at the scales the Referee the two Judges the President and the Secretary General and delegate of the Federation to which the lifter belongs. The three referees must draw up a written report affirming on their honour the validity of the lift the weight of the lifter and weight of the bar, (it

must be absolutely precise) as well as the place of the performance the date and the title of the contest during which the record was broken

This report must be signed by the three referees and the President of the National Federation of the country to which the lifter belongs and must be sent to the Secretary General of the F I H C and must be in his hands within two months at a maximum

An Official World Record exists on the total of the three Olympic movements and this record can only be beaten in International competition and without supplementary attempts

Where a lifter during his third attempt in an international contest failed by a small margin to achieve a world record at his request a fourth attempt may be granted outside the contest If the lifter (fails to beat) beats the world record during the fourth attempt no further supplementary attempt will be granted

The judging officials number three the one who is chosen as referee gives the lifter the signal to begin and finish the movement required in the contest Lifters must not put down the bar upon completing a movement until the command Down is given by the referee In no case must the lifter let the bar fall to the ground when the lifter has placed the bar on the ground the referee must announce the judge's decision If no lamp system is in operation the referee must consult the other two judges and announce the decision resulting from his own and the other's observations by a good or attempt

The Referee does not have an over riding vote

If the movement is clearly bad either at the beginning or from the shoulder the Referee shall require the lifter to return the bar to the ground without allowing him to complete the movement If one of the three judging officials notices a serious fault he may put up his hand to draw attention to the fault and stop the movement Examples knee on the ground heels lifted etc

Referees and judges shall be chosen at a meeting of the judging officials At this meeting all information regarding the Rules may be requested

The judging officials chosen must be obligatorily in possession of an International Referee's Card

**Jury of appeal** Before each contest a jury of appeal shall be set up and should include in addition to the President and Secretary General of the F I H C, three members chosen by ballot from the Presidents of the Federations or from International Referees who have for preference officiated either at Olympic games or International competitions

During a contest the jury of appeal may replace any judge or referee whose decisions they consider prove him to be incompetent

The impartiality of the Referees can in no case be doubted but a mistake in referring may be committed in all good faith. The jury of appeal shall not discuss the validity of a decision except upon written objection together with a deposit of one sterling made by the President of the Delegate of the Federation to which the lifter claiming to have been faulted belongs. The Referees in this case shall be allowed to express their opinion upon the objection. If this objection is declared unjustified the deposit will be paid into the funds of the F I H C

The jury of appeal must be seated in a position from which their view is unobstructed

**Rules for International Contests** The placing of nations will be effected by granting 5 points for two first 3 for a 2nd and one for a 3rd but this will be in world championships only

In the case of ties the competitor with the lighter body weight will be placed before the competitor with a heavier body weight in order to do away with supplementary attempts

When two lifters have the same body weight at the weigh in preceding a contest and lift the same total and again have the same body weight after the contest, they will be classed as equal and will each receive a prize. In this case the second place will not be granted and the best following lifter will be placed third. In so far as placing of nations is concerned two sets of points will be granted (to two placed first) and point (for the one placed third)

In the case of a tie in the placing of nations the nation which has the greatest number of first places shall be placed first if two nations tie and have the same number of first places the nation whose team has the lightest body weight shall be placed first

When two lifters declare they wish to make their first attempt

on a scheduled lift with the same weight, their names shall be drawn by lot. The competitor whose name is drawn first must lift first right up to the last attempt on this lift. If during the following lifts the two lifters are attempting again the same weight, the lifter who was first for the preceeding lift must now be second. If the situation repeats itself during the third lift fresh lots must be drawn.

During any contest organised either on a platform or a stage, no persons other than members of the jury of appeal the officiating judges, the team managers limited to one per country competing and the lifters engaged on the body weight category at the time being contested may be present either on the plot from or on the stage.

A delay of two minutes will be allowed to competitors between the calling of their names and attempts at a lift. After two minutes they will once again be called and they may be cautioned if the delay exceeds three minutes. A time keeper shall be elected. The same delay shall be granted to a lifter who is the only competitor making the three attempts on a movement.

The weights given out by the Master of Ceremony must be immediately visibly displaced.

In International contest (except for attempts on records made outside the contest) the weight of the bar used must always be in a multiple of  $2\frac{1}{2}$  kilos. The increase must be by 5 kilos, a request for  $2\frac{1}{2}$  kilos will indicate the end of an attempt at a lift.

In countries where the English (lb) is used as a unit of weight, the choice of bars shall be left to the discretion of the organising country, who for international contests may use bars of which the weight may be multiples of English pounds or of  $2\frac{1}{2}$  kilos. The weights must be given out in pounds and kilos.

There shall be seven categories of competitors—Bantam weight up to 56 kilos, Feather weight up to 60 kilos, Light weight up to  $67\frac{1}{2}$  kilos, Middle weight up to 75 kilos, Light heavy weights up to  $82\frac{1}{2}$  kilos, Middle heavy weights up to 90 kilos and heavy weights over 90 kilos.

In the Olympic Games and World Championship as well as in Championship of any scheduled continent seven competitors are allowed, spread over the different categories with a maximum of two lifters for any category.

**Example** A nation may enter one bantam weight, one feather weight, two light weights two light heavies, one heavy light but no heavy weights or two feather weights, two light weights, two light heavy weights, one heavy weight but no lifter in the Bantam Class, Light and Heavy Light Classes

**Replacements** are permitted

The weigh in of competitors must take place an hour before the contest for any scheduled category

All lifters of the scheduled category must be present for the weigh in. The weighing in must take place in the presence of three officiating judges and a delegate of each nation entering lifters

Each competitor is allowed to be weighed once only. Only those will be allowed to be re-weighed whose weight is more than that of the category for which they are entered. They may use the hour in getting down to use the weight after this they will be eliminated. The lifter who is too heavy may go up into the next higher category if only one other lifter from his Federation is entered for this category

In International Contests the use of lamps is obligatory. These lamps should only light up upon the pressing of the button by the three judging officials simultaneously and not when buttons are pressed separately.

Minimum totals may be imposed by a nation when its Federation undertakes the expenses of the journey and stay of teams. In this case the said Federation must attach the minimum totals established by the International Federation. So as to be allowed to compete in a higher class than that to which he was entered the lifter must have made the minimum total fixed for this of category

**Costume** Lifters must wear a regulation costume consisting swimming suit, trunks and jock strap

**Apparatus** The lifts must take place on a square wooden platform measuring 4 metres each side. Any lift during which a lifter puts his foot outside the platform will be declared invalid. The only appliances authorised for attempts on World Records, International Contest and the Olympic Games shall consist exclusively of Bars and Disc which must be made in such a way that the lower part on the bar must be a maximum of 0 m 24 from the ground, that is to say, that the largest disc must

## WEIGHT LIFTING

be at the most 45 cm. in diameter and the bar 0 m 028 in diameter at the position of the hands

**Penalties** Any lifter who conducts himself in an incorrect fashion or argues in a loud voice shall be warned. At the second warning he shall be disqualified. In the case of argument he will be disqualified for the contest.

# WRESTLING

	WEIGHT			CLASSES	
	<i>Kilos</i>	<i>Lbs</i>	<i>St</i>	<i>Lbs</i>	<i>Ozs</i>
<i>Seniors</i>					
Lt Flyweight	48	105 82	7	7	13
Flyweight	52	114 64	8	2	10
Bantamweight	57	125 66	8	13	10
Featherweight	62	136 69	9	10	10
Lightweight	68	149 91	10	9	15
Welterweight	74	163 14	11	9	2
Middleweight	82	180 78	12	12	12
Light Heavyweight	90	198 42	14	2	7
Heavyweight	100	220 46	15	10	7
Heavyweight Plus	Over 100 Kilos				

<i>Intermediate</i>					
Lt Flyweight	44		6	13	0
Flyweight	48		7	7	13
Bantamweight	52		8	2	10
Light Featherweight	50		8	11	7
Featherweight	60		9	6	4
Lightweight	65		10	3	4
Light Welterweight	70		11	0	5
Welterweight	75		11	11	5
Middleweight	81		12	10	9
Light Heavyweight	87		13	9	12
Heavyweight	Over 87 Kilos				

The Intermediate Weights with the exception of the Light Flyweight are F I L A Junior weights for World Championships and International matches

JUNIOR B A W A Weights			12 Years to 15 Years	
5 Stone	70 Lbs		8½ Stone	119 Lbs
5½	77	"	9	126 "
6	84	"	9½	133 "
6½	91	"	10	140 "
7	98	"	10½	147 "
7½	105	"	11	154 "
8	112	"	12	168 "
Heavyweight over 168 Lbs				

A competitor may compete in one class only, i.e. in the one corresponding to his own body weight at the time of the official weighing in, in any one competition. However he may opt for the class immediately above should he have entered in this

The final list of competitors shall necessarily be handed in before the weighing in, in conformity with the regulations in force.

On the first day of the competition the weighing in shall begin four hours before and end three hours before the first bout. On the following days this formality shall begin two hours before and end one hour before the first bout.

In the case of competitions in which the number of contestants is more than 150 the International Technical Committee may alter the times of the weighing in, the drawing of lots and pairing off

In the case of competitions in which the programme lasts for several days, contestants shall be weighed each day. Wrestlers who have fought their last bouts one day before the end of the competition shall not be weighed on the last day, this applies to all weight classes.

Competitors shall be weighed in nude, and before the weighing in shall be examined by a doctor, the latter shall refuse all those who present any danger of contamination. Competitors must be in satisfactory physical condition.

Their nails shall be cut very short and shall be examined at the weighing in.

Until the end of the weighing in, competitors shall have the right to get on the scales as many times as they wish, but each in his turn.

### DRAWING OF LOTS—PAIRING OFF

The contestants taking part in the competition shall be period off for each round according to an order number obtained by the drawing of lots

A form of procedure and a timetable for the events shall be drawn up. The pairing of each round and likewise the results of the rounds, shall be recorded on a list intended for the competitors and the latter shall be able to consult it at any time.

Those competitors who have been drawn one after the other shall wrestle against each other in the first round. Should there



be an odd number of competitors the one that draws the highest number shall receive a bye into the next round without any penalty mark being awarded. He shall keep his place until another competitor becomes the odd man in the same way and then the one with the highest number next to his own shall be placed in front of his.

The right to receive a bye is a right that is acquired by the drawing of lots. It may only be withdrawn in the event of its being impossible for the other competitors to be paired off on account of this right to receive a bye.

The pairing off for other rounds are as follows.

The first name to be taken shall be the competitor at the top of the list and his opponent shall be that of the competitor whose name is nearest to his own and who has not yet wrestled against him. For example for the second round should there have been no bye 1 v 3 2 v 4 5 v 7 6 v 8 etc. Should there have been a bye —Bye v 1 2 v 3 4 v 6 etc.

Two competitors from one and the same country shall be matched against each other in the first round in International Tournaments if they are drawn against each other as a result of the pairing off.

## DRESS

The competitors shall wear a one piece costume (red or blue) under which shall be worn a jock strap or suspender tight belt. The costume shall be tight fitting. The use of light knee guards shall be permitted. Nothing what so ever may be added to this dress save in the event of a stoppage for injury or for any other reason when the wrestlers may cover themselves with a warm garment.

The use of shoes with heels or with nailed soles shall be forbidden, contestants shall likewise be forbidden to cover their bodies with greasy or sticky products and they shall not be in a perspiring condition. No bandages shall be allowed on the wrists, arms or ankles, save in the case of injury and on the doctor's prescription.

The wearing of rings, bracelets buckle type shoes and all objects liable to injure an opponent is forbidden.

Each competitor shall be freshly shaven at the time of weighing in. A beard of several months growth is permitted.

Each competitor must carry a handkerchief

Each competitor shall wear a costume of the colour attributed to him (Red or Blue)

### THE MAT

A mat 6 metres by 6 metres is compulsory for all International Matches. For Olympic Games and World Championships a mat 8 metres by 8 metres shall be used. In order to avoid accidents a free space 2 metres wide must be left around the mat and this must be covered with suitable padding.

The mat shall be fitted on a raised platform the height of which shall not exceed 1.10 metres.

The corners of the mat shall be marked with the colour red or blue. The centre shall be marked with a circle.

### MEDICAL SERVICE

*While the competitors are being weighed in the doctors shall proceed with the medical examination. Should the doctors find that the competitors are not in a fit condition they shall not be allowed to take part in the competitions.*

No competitor who shows signs of organic deficiency, functional disorders or any other signs which involve a danger to his health or to that of his prospective opponents may not take part in the competitions until an opinion has been expressed by the doctors.

A medical service under the control of a doctor shall be available throughout the whole duration of the competition and shall be ready to take action in the event of an accident.

The organiser of the competitions shall in all cases assume the control of the medical service and of the medical assistants. The doctors of the teams taking part shall be entitled by full right to intervene with regards to the attention to be given to injured members of their own teams, and likewise in other cases should they have been invited to do so by the official doctor.

The medical service provided at International competitions shall be assured by the official doctor and he alone shall be competent to decide whether a competitor is in a good state of health and may continue the combat, whether his functional limitations form an obstacle to his participation and whether he may continue the combat in the event of injury.

The contestant shall under no circumstances leave the staging

In regard to personal present at an injury only the trainer and one official of the team may alone be present while attention is being given by the doctor

In the event of a dispute arising with regard to the medical opinion the final decision shall be given by the chief doctor or by the board of three doctors should such a board have been formed In the last case the doctor for the team of the wrestler in question shall be included in the board

Should a competitor be considered to be unfit for the following bouts this decision shall be valid only after the consultation of the chief doctor or of the board of three doctors present, together with the doctor of the country to which the injured wrestler belongs this doctor being given priority A report shall be drawn up of the accident and this shall be signed by the chief doctor or the board of doctors

### MAT CHAIRMAN REFEREE JUDGE

*Art 10* In all international competitions the Officials for each bout shall be three A Mat Chairman a Referee and one Judge

When a competitor has been awarded two cautions a member of the Bureau will be brought in to act in case of a third caution

In order to avoid partiality competitors of the competitors shall not be Mat Chairman Referee or Judge

### MAT CHAIRMAN

The Mat Chairman is the chief official in charge of the bout He is the only official who shall communicate with the Referee and Judge

During a bout should the referee and judge disagree on the value of a point or points given for an action the Mat Chairman's decision is final and the judge must mark down on his form this decision

He will nominate the winner of a bout by raising the colour of the winner

In a points decision he will examine the score sheet of the judge and declare the winner by raising the winners colour Should it be a draw he will raise a white colour

In the event of a wrestler receiving two official warnings in a bout the Mat Chairman will co-opt a member of the Bureau. From this point the Bureau Member will be in control of the bouts.

For the third warning to be given there must be a majority of three of which the Bureau Member must be one. Each of the four officials can ask for a warning to be given.

### REFEREE

The referee shall be responsible for the evolution of the bout. The bout will start and end also interrupted when he blows his whistle. He may caution wrestlers for infringement of the rules. He alone shall be authorised to give official warnings after consulting with the Judge and Mat Chairman. He alone shall order the wrestlers to return to the mat should they have left it or order the bout to be continued in the standing position or on the ground, with the respective opponents in the on top or underneath positions, this with the approval of the judge.

The referee shall be dressed in white and wear the badge of his country.

#### Special Duties, Prerogatives and Responsibilities

(a) The referee will wear a Red band on one arm and a Blue band on the other. He will signal the points scored by the wrestlers during the bout by raising the arm with the colour of the wrestler scoring the point or points, and indicate with his thumb and first two fingers 1, 2, or 3 as the case may be. If the judge agrees he will raise his baton with the appropriate number and colour. If he disagrees the Mat Chairman will decide, the judge must record the Mat Chairman's decision on his score sheet.

(b) The referee shall control the bout without making untimely interventions. Should the wrestlers come near the edge of the mat, he must be ready to blow his whistle.

(c) The referee shall interrupt the bout exactly at the required moment, i.e. neither too early nor too late.

(d) The referee must be familiar with the principle on which to decide whether or not the wrestlers are to be sent back to the inside of the mat and the position he should have them take.

(e) The referee shall not take up a position close to the wrestlers when they are standing since, this would prevent him

watching their legs, but when wrestling is taking place on the ground he may position himself close to the contestants.

(f) When he sends wrestlers back to the middle of the mat, the referee shall without hesitation, give instructions regarding the position in which the wrestling is to be resumed *i.e.* in the standing position or on the ground.

(g) Should there be any likelihood of a fall the referee shall not position himself too close to the wrestlers, this is so as not to impede the view of the judge or public.

(h) The referee shall ensure that the wrestlers respect his authority in order that they shall immediately comply with his orders and instructions.

(i) The referee shall ensure that the wrestlers do not rest during the bout, under the pretence of wiping themselves, clearing their noses, tying their boot laces, rinsing out their mouths, or by feigning to be injured.

(j) In such cases the referee shall stop the bout by making a T sign with both hands to the timekeeper the bout shall be restarted by the sounding of the referees whistle.

(k) The referee may, however, give warnings for infringements of the rules or for unnecessary roughness, or should one of the wrestlers refuse to wrestle, even at the start of a bout.

(l) The referee must be able to change his position on the mat or around the mat at any moment. His clothing must be practical, so that he may instantaneously lie flat on his stomach in order to secure a better view of so impending fall.

(m) The referee shall oblige the wrestlers to remain on the mat and also not to remove part of their costumes until the result is announced.

(n) In Greco-Roman wrestling the referee shall watch the wrestlers legs.

(b) Should the judge notice anything in the course of the bout, which they consider they should bring to the knowledge of the referee, in the event of the latter not having seen it for himself (a fall, a foul hold etc.) they shall do this by holding up the baton with the colour of the winner or the wrestler at fault even if the referee has not asked for his opinion.

(p) The judge and referee must always be prepared to state the reasons for their decisions whenever requested to do by the *fat Chairman*.

(q) It is strictly forbidden for the judge and the referee to speak to anyone outside the mat during the bout, with the exception of the Mat Chairman.

(r) The referee shall count each second of a placing in danger by the movement of his arm.

(s) The referee shall always indicate whether a hold that has just been applied at the edge of the mat is valid or not.

(t) In the event of a public caution being given he shall hold the wrist of the wrestler at fault and raise his other arm. If both wrestlers are given public cautions he raises both arms.

### TECHNICAL COMMITTEE F.I.L.A.

The technical Committee shall be entitled to take the following disciplinary measures against any judge or referee who is at fault :

(a) Give a warning.

(b) Withdraw the offender from the competition.

(c) Declare him suspended for a certain time.

(d) Pronounce him struck off the roll.

The F.I.L.A. delegate at international matches and competitions shall be entitled to take the following measures against a referee who is at fault :

(a) give a warning.

(b) withdraw him from the competition and inform the Technical Committee of F.I.L.A. so that it may make a final decision on the case.

### START AND DURATION OF THE BOUTS

Art. 11. The duration of each bout shall be nine minutes in both styles, this being divided into three periods of three minutes with a one minute rest between periods

Whenever a contestant endeavours to hold up the bout by lacing his boots, going off the mat etc., the referee shall ask for the timing device to be stopped.

Each bout shall last until one or other has been defeated by a fall, or the nine minutes in the case of no fall taking place.

The timekeeper shall call out the time in a loud voice every minute in French English and the language of the organising country.

Art 12 Should a competitor fail to put in an appearance on the mat after his name has been called he shall be considered as having lost by a fall and shall be eliminated from the entire competition

A tolerance period of five minutes shall be allowed in the case of acceptable reasons but this only for the first round for each class

Before the bout the opponents shall take up their positions in opposite corners of the mat the referee shall place himself in the centre of the mat and shall call the wrestlers to his side in order to examine their dress and to verify the fact that they are not covered with any greasy or sticky product and that their hands are bare The wrestlers shall greet each other, shake hands and return to their respective places Each place being marked in the same colour as their costume The referee sees that the judge and timekeeper are ready looks to the Mat Chairman for the single to commence Sounds his whistle and the wrestlers start wrestling immediately They do not have to shake hands again until the end of the bout

Art 13 A bout may begin be interrupted or end only on the blowing of the referee's whistle No competitor shall be entitled to decide for himself that his opponent shall be sent back from the edge of the mat to the centre

### STOPPING OF THE BOUT

Art 14 At the end of first and second period both wrestlers shall be sent back to their respective corners irrespective of the position of the contestants

Art 16 During the one minute breaks the contestants trainers and masseurs shall be entitled to come to the edge of the mat (They shall necessarily be wearing a uniform) The trainers shall be obliged to leave the mat five seconds before the sounding of the bell

The sounding of the bell shall indicate the end of the one minute breaks in the bout

The referee shall then call the wrestlers to the centre of the mat to verify that they have been properly wiped down A further sounding of the bell made after the referee has given the sign shall indicate the beginning of the second or third period of the bout

During the one minute breaks in the bout, the wrestlers may if they wish remain standing in their corners or may sit on a small stool placed at a maximum distance of 50 centimetres from the mat.

The wrestlers shall be entitled to ask for massage during this period and to receive instruction from their trainers.

Trainers may use towels to wipe down their contestants. It is forbidden to give water or dope to a wrestler in order to enable him to recover his strength. The referee shall necessarily keep a watch on the activities of the trainers as masseurs during the breaks in the bout.

A trainer may not give instructions to his contestant during the bout. He may stand at the foot of the staging. The referee shall be bound to give a warning against any infringement of these arrangements. The Mat Chairman shall be entitled to disqualify a trainer for such infringements and, should the offence be repeated to disqualify the trainer for the whole duration of the competition. Should his trainer be disqualified the contestant in question shall be entitled to demand another trainer.

Art. 17. After the one minute breaks the bout shall always begin in the standing position.

## WRESTLING ON THE EDGE OF THE MAT

Art. 18.

(a) Should three feet be outside the mat the bout shall be interrupted and the wrestlers brought back to the centre of the mat to continue wrestling in the standing position.

(b) During the taking of a hold both feet of one opponent may go outside the mat but the wrestler on the mat shall be allowed to complete his action; the referee shall blow his whistle as soon as the action is completed.

(c) A wrestler who is outside the mat may no longer apply a hold even if his opponent is still on the mat.

(d) Should both wrestlers leave the mat together, the referee shall order them to return to the position on the mat in which they were before, either standing or on the ground, at the moment they crossed the edge of the mat.

(e) In the case of bringing down to the ground which is not



maintained and which results in both wrestlers leaving the mat, the bout shall be restarted in the centre of the mat standing.

Likewise in the case of bringing down to the ground, if both hands go beyond the mat edge, the bout shall be restarted in the standing position.

(f) It shall be considered that three feet are outside if the feet of the wrestler who is lifted are both outside of the mat and if the wrestler who is applying the hold places one of his feet outside the mat.

(g) To be valid a hold must bring the head and shoulders within the limits of the mat.

On the ground

(a) Should the wrestler who is underneath be inside the mat (even if 3 or 4 feet are outside) the bout shall continue so long the wrestling continues inside.

(b) Should the wrestler who is underneath apply a hold which brings both himself and his opponent off the mat the bout shall be interrupted. Wrestling shall then start again in the standing position in the centre.

(c) Should the head of the wrestler who is underneath together with his hands and shoulders go outside the mat the bout shall be stopped.

(d) Should both hands of the wrestler who is underneath touch the floor outside the mat as a result of an attack, the bout shall be interrupted and the wrestlers brought back to the centre in the kneeling position.

(e) Should the opponents arms go outside the mat as the result of a hold, the bout shall be resumed in the standing position, but should his arms and hands have touched the mat inside the limits, before going outside the bout shall be resumed in the kneeling position.

(f) Should the wrestler who is on the ground in the underneath position leave the mat, he must face his opponent before leaving the mat if he is to be put back in the standing position.

### ON THE GROUND WRESTLING

Art. 19 If one of the wrestlers is brought down to the ground during the bout wrestling shall continue on the ground. The wrestler who is underneath may counter the efforts of his opponent and get up.

Should one of the wrestlers go off the mat in this position, the bout shall be resumed in the centre of the mat and he shall be placed in the kneeling position

When the bout is resumed the competitor who is to adopt the kneeling position shall compulsorily get down on his hands and knees on the mat, with his hands and elbows spread out and at a distance of at least 20 centimetres from his knees. His arms shall be stretched out and his feet not crossed. After checking the positions of both wrestlers the referee shall blow his whistle

The wrestler who is on top may voluntarily take up an attacking position. The wrestler who is underneath shall be free to change the initial position only after his opponent has made the first contact by placing both his hands on the shoulder-blades and the referee has sounded his whistle for the bout to continue

The wrestler who is underneath may counter the efforts of his opponent and get up

Should one wrestler bring his opponent down to the ground he must be active, if both of the competitors are passive, the referee may order them to get up and to continue the bout in the standing position

Art 20 Wrestling shall always begin on the blowing of the referees whistle. It shall be forbidden for the wrestler who has the on top position to resume wrestling by jumping on his opponent, should this foul be committed the referee shall reprimand the wrestler at fault and cause the wrestler on the ground to get up

The wrestler in the on top position shall not be entitled to interrupt the hold or to ask for a return to the initial position on the mat.

### END OF THE BOUT

Art 21 The timekeeper shall indicate the end of the periods likewise the end of the bout by sounding the bell. The referee shall then blow his whistle immediately to indicate the end of the periods or the end of the bout. Should the referee have not heard the bell the Mat Chairman shall intervene and cause the bout to be brought to an end

No action shall be valid between the sounding of the bell and the whistle

Once the bout has finished the referee shall take up his position in the centre of the mat facing the Mat Chairman. The wrestlers shall shake hands and take up their positions on either side of the referee to await the decision. The Mat Chairman nominate the winner by raising the winners colour. The referee will then raise the winners arm. In the case of a draw both of the contestants arms will be raised. The shoulder straps of the costumes must not be removed until after the decision has been given.

### FOLL HOLOS

Art 22 The pulling of hair, flesh ears, private parts and costume shall be forbidden. The twisting of fingers and toes shall be forbidden. Brawling kicking throttling, pushing and applying holds liable to endanger the life of an opponent or cause a fracture or dislocation of his limbs shall likewise be forbidden.

Holds intended to torture ones opponent or to cause him to suffer pain so that he will be compelled to give up shall likewise be forbidden.

Stepping on an opponents feet shall be forbidden. The touching of an opponents face between the eyebrows and the line of the mouth shall be forbidden. The gripping of the throat shall be forbidden. In the case of holds applied in the standing position and from behind when the opponent is turned with his head pointing downwards (inversed waist hold) the throw shall be made solely to the side and not downwards (headfirst pike) part of the body other than the feet of the contestant who is applying the hold must touch the mat before the upper part of the body of the contestant who is being attacked does so. A bridge must be pressed down, i.e. it shall be forbidden to lift ones opponent when in the bridge position and then throw him down on the mat (severe impact with the ground), it shall likewise be forbidden to cause a bridge to collapse by pushing in the direction of the head.

The double head-hold (double Nelson) shall be permitted however, the hold must always be applied from the side without the legs being used in any way against any part of the opponents body.

The bending of an opponents arm through an angle of more than 90 degrees shall be forbidden.

Head holds using both hands shall be forbidden.

When a hold is being applied, the holding of the head shall be allowed using one arm only.

It shall be forbidden to force ones elbow or knee into the opponents abdomen or stomach.

An opponents arm may not be forced behind his back in such a position that his forearm and arm form a closed angle and with a pressure being applied at the same time.

Head-locks shall be forbidden no matter how applied.

Scissors grips applied with the legs to the head or body shall be forbidden

The gripping of an opponents costume shall be forbidden, also gripping edge of mat, both in Free-style and Greco-Roman.

Contestants shall be forbidden to speak to each other during the bout.

Tripping and sideways striking with the feet and legs shall not be forbidden.

It shall not be necessary to accompany ones opponent to the ground when applying certain holds with the foot.

### FOUL HOLDS IN GRECO-ROMAN

It shall be forbidden to seize ones opponent below the hips or to grip ones opponent with the legs

All pushing, pressure or lifting made with the legs when in contact with a part of the opponents body shall be forbidden.

It shall, for example, be forbidden for the attacker while wrestling is in progress on the ground to lift his opponent by using his legs against his knee and thigh in order to secure a fall.

### PLACING IN DANGER

Art 23. It shall be considered that a wrestler is in a position involving a "placing in danger" when he goes beyond the vertical line by 90 degree with his back turned towards the mat and resists with the upper part of his body to avoid being placed in a position in which both of his shoulders are on the mat (the fall).

The wrestler may resist with his head, elbows and shoulders.

A placing in danger shall be counted when :

(a) The wrestler who is defending forms a bridge in order to avoid a fall.

(b) The wrestler who is defending has his back towards the mat and is resting on one or both elbows or goes down on his elbows so as to prevent himself from being brought down on both shoulders.

(c) The wrestler is lying on one shoulder while being 90 degrees beyond the vertical line with his other shoulder. The referee shall necessarily begin to count the seconds up to 5 for each instantaneous position so long as the placing in danger continues.

It shall not be counted as a "placing in danger" when a wrestler goes 90 degrees beyond the vertical line with his chest and abdomen turned toward the mat.

A "placing in danger" shall likewise be counted if after the part of his body has passed through an angle of 90 degrees, the wrestler who is being attacked is turned with his stomach or chest towards the mat in order to be brought again into a "placing in danger" position. Rolling over from one shoulder to the other with the aid of the elbows in the forming of a bridge or *vice versa* shall be considered as a two point action; if the position lasts for 5 seconds this action shall count for 3 points.

After counting the 5 seconds the referee shall raise his hand and signal with the thumb and fingers the 3 points.

### CAUTIONS

Art 24. The referee may give a caution to a wrestler who is at fault with the agreement of the judge and Mat Chairman.

A Caution shall be given in the following cases :

(a) Passive obstruction

(b) Foul holds

(c) Lack of discipline during the bout

(d) Infringement of the rules.

A caution for passive obstruction shall be given in the cases provided for in the section of these rules entitled Passive Obstruction Art. 26.

A caution for passive obstruction shall be given in any part and at any time during the bout, whether the wrestling is taken place in the standing position or on the ground. A warning shall be given to a wrestler at fault that a caution will be given if he transgresses again. Only one such warning need be given during the bout. The agreement of the Judge or Mat Chair man is not needed for a warning to be given; the referee shall be entitled to make it on his own initiative.

For cases B, C, and D no such prior warning shall be made to the wrestler at fault but the caution shall be given immediately.

The caution shall be brought to the notice of the public by the holding of the wrist of the wrestler at fault by the referee and holding his (referee's) other arm aloft. If both wrestlers are given a caution the referee raises both his arms aloft.

The giving of a caution shall be recorded by the judge on the score sheet *i.e.* 1 point to the opponent of the wrestler receiving the caution.

**Art 25** Should as the result of a foul hold the competitor who has applied this hold find himself in an unfavourable position the bout shall continue without interruption.

Any advantage resulting from a hold which is contrary to the rules shall be cancelled, even if the contestant has already released the hold. The irregularity shall be brought to an end by the referee without the hold being released.

In cases which involve no danger, the referee shall allow the hold to be developed and wait and see what result it brings after which he shall be free to take action *i.e.*, to recognise or cancel the hold and to give a caution to the wrestler at fault.

The duties of the referee with respect to a contestant who commits an irregularity

- (a) To bring an end to the irregularity
- (b) To cause the hold to be released if dangerous
- (c) To ask for a caution
- (d) The contestant at fault may be declared the loser

Cautions shall be given in the language of the contestant in question if necessary through an interpreter.

It is very important especially during which no action is taking place, to observe and take careful note of which of

nents is engaging in open wrestling and which is trying to evade combat this is of the highest importance in the final stages of the bout the referee should oblige the opponents to engage in real combat by giving warnings if nothing has taken place up to that time or if the two wrestlers are showing signs of passive obstruction

Cautions given for foul holds shall be counted together with other faults committed during the bout

A distinction must be made between the expressions declared loser and disqualified

When a second caution has been given to one wrestler in a bout The Mat Chairman will ask a neutral Bureau Member (B A W A Technical Committee Member Area or National) to assist in the officiating and in the voting for a third caution should the occasion arise From that movement the Bureau Member has the responsibility of the bout

The Referee Judge Mat Chairman and the Bureau Member may ask for a third caution If there is a majority agreement of three including obligatorily the Bureau Member the third caution will be given

After three cautions irrespective of the reasons for which they are given the contestant at fault shall be declared loser

In the event of a caution being given the bout shall be interrupted and likewise the timing device the caution shall be given clearly so that the contestant and the public may fully understand why it has been given In the case of a caution for passive obstruction the referee shall ask the judge for his opinion before interrupting the bout

In the case of forbidden holds which involve danger the referee shall intervene immediately and then ask for the opinion of the judge before giving the caution

The judge shall underline the caution in the working column of the opponent by ringing round the figure for the point marked

Should a wrestler prevent a hold in an irregular manner for example in Greco Roman if a wrestler who has been lifted hooks the leg of his attacker—the referee shall not blow his whistle he shall allow the hold to be carried through if no danger of injury is involved and shall draw the judges attention to the infringement while it is still being made the judge shall

award points according to the merits of the case and then immediately afterwards a caution shall be given to the wrestler at fault

Should the wrestler who is attacked be thrown as a result of an irregularity this fall shall not be valid a caution shall be given to the contestant who committed the irregularity If the caution is given at the end of the first or second period and the judge has already made the sign it must be applied before the stroke of the bell this caution shall be recorded whether or not the referee has held the offenders wrist and raised his own arm

Should a wrestler refuse to submit to the referee's decision the latter shall make it known to him twice in succession should the wrestler not carry out the order after these two warnings he shall be given a caution

In the case of a very serious irregularity disqualification shall be pronounced immediately for the whole of the competition with the approval of the Mat Chairman

### PASSIVE OBSTRUCTION

**Art 26** Continual obstruction of the holds of the active contestant

Continual lying down flat on the stomach

Wilful running off the mat

Holding both of opponents hands thus preventing him from wrestling

**Art 27** No special points shall be awarded for activity and activity shall not be a factor in the decision as to whether the bout has ended in a win

**Art 28** In the case of a moving off the mat the contestant at fault shall be given a warning but the referee must make certain that the contestant was not pushed off by his opponent, in addition the referee shall explain to the wrestler at fault the reason for the warning

### INTERRUPTION OF THE BOUT

**Art 29** Should a contestant be obliged to interrupt the bout as a result of nose bleeding a fall on the head or any other acceptable reason beyond his own control the referee shall suspend the wrestling for a maximum of 5 minutes in one and same bout



This stoppage may be allowed in one or more periods up to a total time of 5 minutes for each wrestler. If these 5 minutes are exceeded for one and the same wrestler the bout may not be continued however the injured wrestler shall be notified of the end of the period of tolerance.

Should a serious mistake be made by the judge or referee the Mat Chairman shall stop the bout after consulting with the judge and referee he shall give a ruling with regard to the mistake in question.

## SCORING

Art 30 The judge shall mark the wrestlers points on their scoring sheets.

**1 Point** To a wrestler who brings down his opponent to the mat and holds him down in control. To a wrestler who gets from underneath to the top position in control.

To a wrestler who applies a correct hold and does not cause his opponent to touch the mat with either his shoulder or head during the execution of the hold.

A Caution shall count as one point to the opponent.

**2 Points** To a wrestler who applies a correct hold and places his opponent momentarily in danger (less than 5 seconds).

To a wrestler whose opponent is in an instantaneous fall, accidental fall or rolling fall.

**3 Points** To a wrestler who keeps his opponent in danger (the shoulders forming an angle of less than 90 degrees with the mat) for 5 seconds.

A series of rolling falls or bridges for 5 seconds continuously will count for 3 points.

The Judge shall mark down the points as and when they are awarded in each period.

When the difference between the opponents is less than 1 point the bout shall be declared a draw.

Should no points have been marked down on the score sheet or the number of points scored be equal the judge shall draw a

line across both sides of his score sheet and shall declare the bout to have been drawn

Should there be a difference of one or more points the winner shall be the contestant who has the larger number of points

To ensure a uniform marking, the actions which have resulted in the fall shall not be marked down on the score sheet, but only the earlier actions. The mere marking down of the word 'Fall' shall indicate the final action

### THE FALL

Art 31 Defeat by reason of a fall shall be pronounced if the Judge agrees

For a fall to be valid both shoulders must be in contact with the mat for a count of one signified by the referee striking the mat with his hand and sounding his whistle

For a fall on the edge of the mat to be recognised as valid, it shall be sufficient for the contestants head and both shoulders to touch the mat at the moment of the fall

A Fall shall be valid provided the judge makes no observation

Should the judge and referee not agree the Mat Chairman will give a decision

### A WIN ON POINTS

Art 32/34 Should there be no fall within the 9 minutes laid down for the duration of the bout in both styles, the judge shall hand in his score sheet the Mat Chairman who will announce the winner by raising the colour of the winner. In the case of a draw a white colour will be raised

Once the decision and the technical result have been established no protest shall be admitted

### PENALTY POINTS

Art 35 The results of the bouts shall be determined in the following manner, on the basis of the penalty points awarded

A win by a fall	0 Penalty Points
A lose by a fall	4 " "
A win on points with 10 or more points between the contestants	$\frac{1}{2}$ Penalty Point.